

REDBOOK

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p. 54

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anything—just ask
the stars of
*What to Expect When
You're Expecting*

Hair
tricks
to make
you look
younger

20
ways
to lose
20lbs

Befores & afters
you won't believe

“I let my
wife have
another
man's
baby”

p. 108

5 gorgeous covergirls! Jennifer, Cameron, Brooklyn, Anna & Elizabeth



A close-up, low-angle photograph of Gwen Stefani's face. She has long, wavy, blonde hair that fills most of the frame. Her eyes are dark and smoky, and she is wearing a bold, red, glossy lipstick. She is looking slightly to her right. She is wearing a dark, sequined garment.

**"MY SIGNATURE BLONDE?
IT'S PREFERENCE."**

Gwen Stefani

Gwen is wearing shade LB01 Les Blondissimes Extra Light Ash Blonde.
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PHOTOGRAPH BY RUVEN AFANADOR. ON CAMELIA: SWEATER, DIANE VON FURSTENBERG; SHORTS, THEORY. PUMPS, NICHOLAS KIRKWOOD. BANGLES AND EARRINGS: CARTIER. ON ANNA: SHIRT, DRESS, THEORY. HEELS: ALEXANDRE BIRMAN. RING: KARINA EL KHALIL. EARRINGS: JENNIFER EHRET. THINK ON JENNIFER TOP: ROLAND MOURET FOR KOHLS. SKIRT: GIUSEPPE ZANOTTI.

through this day.'99

—JENNIFER LOPEZ

BABES IN TOYLAND

From left: Cameron Diaz, Anna Kendrick, Jennifer Lopez, Elizabeth Banks, and Brooklyn Decker



BANGLES: (LEFT ARM) HELLMUTH, LEVIAN; (RIGHT ARM) LOREE RODKIN, POMELEATO. EARRINGS: POMELEATO, ON ELIZABETH; DRESS: VELVET. PUMPS: NICHOLAS KIRKWOOD. RING: LIV HAILEY, ON BROOKLYN; ROMPER: JILL STUART. SHOES: RUPERT SANDERSON. EARRINGS: FINN. NECKLACE: ANITA KO. RING: LISA ZIFF. PROP STYLIST: RON ZAKHAR.



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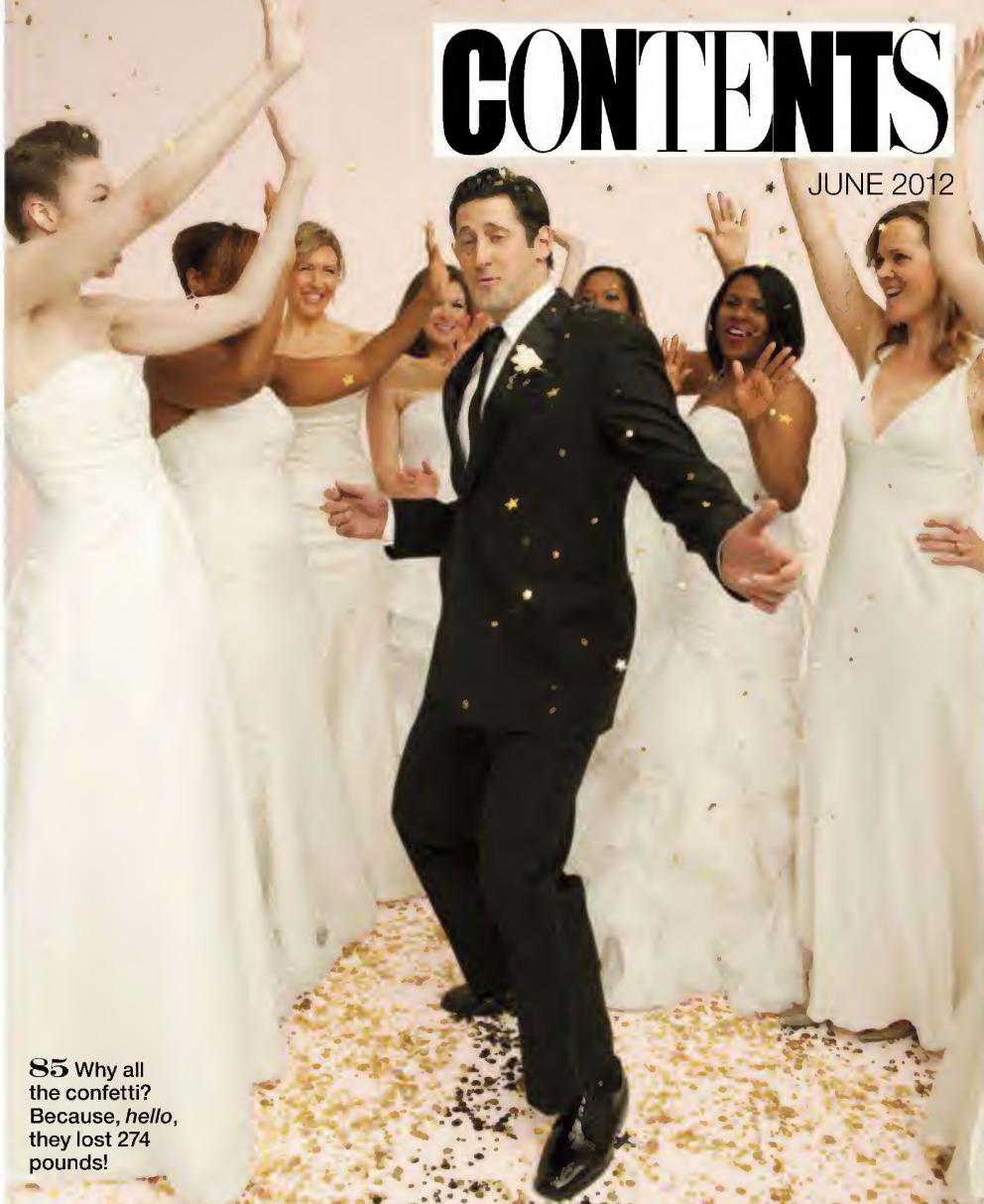
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Elizabeth Banks, Brooklyn Decker, Cameron Diaz, Anna Kendrick, and Jennifer Lopez photographed exclusively for REDBOOK by Ruven Afanador. **On Elizabeth:** Hair: Adir Abergel for Frederick Fekkai at Starworksartist.com. Makeup: Fiona Stiles at The Wall Group. Manicure: Tracey Sutter for Cloutier Remix/Dior Vernis. Dress: Oscar de la Renta. Shoes: Giuseppe Zanotti. Ring: Bulgari. Earrings: Dana Rebecca. Bangle: Liv Haley. **On Brooklyn:** Hair: Davy Newkirk for Well Professionals at Tracey Mattingly. Makeup: Kara Yoshimoto Bua for Chanel at Tracey Mattingly. Manicure: Debbie Leavitt for Cloutier Remix/Dior Vernis. Dress: Rachel by Rachel Roy. Shoes: Giuseppe Zanotti. Earrings: Finn. Ring: Liv Haley. **On Cameron:** Hair: Lona Vigi at The Magnet Agency using Ligwud. Makeup: Francesca Tolot for Cloutier Remix using Dior Beauty. Manicure: Tracey Sutter for Cloutier Remix/Dior Vernis. Dress: Roland Mouret. Earrings: Lana. **On Anna:** Hair: Craig Gangi for Brazilian Blowout at Tracey Mattingly. Makeup: Kara Yoshimoto Bua for Chanel at Tracey Mattingly. Manicure: Debbie Leavitt at Cloutier Remix/Dior Vernis. Dress: Rebecca Taylor. Shoes: B by Brian Atwood. Ring: Ippolita. Bar bracelet: Anita Ko. Bangle with white stone: J. Maderne. Skinny bangle: Jemma Wynne. Earrings: Anita Ko. Stylist for Elizabeth, Brooklyn, Cameron, and Anna: Rachel Zoe at The Wall Group. **On Jennifer:** Hair by Lorenzo Martin for Cloutier Remix. Makeup: Mary Phillips at The Magnet Agency. Manicure: Tom Bachik for Cloutier Remix/L'Oreal. Dress: Alia. Shoes: Giuseppe Zanotti. Earrings: Brumani. Stylist: Mariel Haenn & Rob Zambardi at The Magnet Agency.



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Do-it-all dads

I laughed at the Father's Day wish list from our Whys Guy columnist on page 104: All any man wants is some extra sleep, a bacon-festival breakfast, and permission to take the entire afternoon off from parenting to do something he loves. In that case, *every* Sunday was Father's Day at my house growing up. After working in an office all week, my father would enjoy a nice eggs Benedict smothered in my mom's famous hollandaise and promptly disappear. He'd play tennis for hours or ride off on his tractor mower on a lawn-related mission, returning just in time for dinner.

(What exactly was he mowing, and why? Our spread was no Downton Abbey.)

My friends' fathers got the same treatment, by and large. Remember, we're talking about the '70s and '80s here. My mother worked from home part-time and accepted this arrangement, but as I got older, I realized I wanted something different. At 15, I announced to my mom that I planned to work outside the home *and* have kids. She asked how I thought I would swing it, and I blithely replied that my husband would do no less than 50 percent of the parenting, and the rest we would fill in with loving child care. "Where are you going to find

this man who will do just as much as you do for your children?" my newly divorced, understandably skeptical mother challenged.

Today, even my mom would confirm: I found him. Robert frequently exceeds the 50 percent requirement, and we trade parenting duties back and forth so quickly, it's like watching a *Harry Potter* Quidditch match. A random sampling of child-related stuff he handles: playdate arrangements, orthodontist appointments, anything involving Lego (I get bored), packing the kids for trips (I panic), securing a sitter so we can occasionally achieve the dream of date night... and *much* more. He's amazing, but most of the fathers I know are similarly enmeshed, full-load-carrying parents. Somehow, in just one generation, men made a giant leap, and continue to evolve. In 1977, men averaged two hours with their kids every workday; by 2008 it was 3.1, and for fathers born after 1980, the number jumps to 4.1. My teenage assumptions were simplistic, but they weren't wrong.

It's telling that the fathers get as much airtime in the new movie *What to Expect When You're Expecting* as the moms, played by our fabulous cover stars. Sure, the movie rags on their parental neglect, but the dads are *there*—in the delivery room, on the playground, crib-side at 4 a.m.—just like in real life. There's plenty of progress to celebrate this Father's Day. I know I'll be giving props to my dad, who is my great friend and champion, and to Robert, my hero, and to all the other guys out there who earn their big bacon breakfasts every day.

Have a Facebook Father's Day



Here's a new way to thank a cool pop: REDBOOK and Facebook have teamed up to create a super-cute (and free!) Facebook app that lets you share stories and send love to your guy, your father, or any other dad you know. "Like" REDBOOK on Facebook at facebook.com/redbook for more details.



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the '70s and '80s here. My mother worked from home part-time and accepted this arrangement, but as I got older, I realized I wanted something different. At 15, I announced to my mom that I planned to work outside the home *and* have kids. She asked how I thought I would swing it, and I blithely replied that my husband would do no less than 50 percent of the parenting, and the rest we would fill in with loving child care. "Where are you going to find

Jill

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JUNE'S CLICK LIST



Have a sexier summer

redbookmag.com/steamysummer

It's here! The time of year when turning him on gets easy—because even watering plants is seductive when you're in a tank top. Test our sexiest ideas for taking advantage of summer's (ahem) perks.



Warm-weather hair tricks

redbookmag.com/hothair

Humidity got your hair down? Make the heat work for you with these tips from pro stylists. Plus, the two products you need to look beachy-cool through Labor Day.

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Father's Day is coming! Share your sweetest, wackiest, most fun dad traditions by tweeting with #RedbookDad to us @redbookmag.



Speed up your metabolism!

redbookmag.com/burnitoff

A few quick tweaks to your diet and exercise routine can mean the difference between throwing on a bikini or wishing for a summer-weight burka. These 20 easy boosters will help you burn calories fast (and healthily). Step one: Head to the tea aisle.

MARRIED TO A TOTAL HOTTIE?

Go to redbookmag.com/hothusbands2013 and enter him in our America's Hottest Husband Contest. His cute looks and general sweetness could win you a luxe trip for two! See page 174 for details.

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—SUNNY

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This month's STAFF CHALLENGE:

If you're married, try on your wedding dress! (Then get inspired to make it fit again on page 85.)

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"The dress is too small now, but luckily I'm not planning on wearing it again anyway! I'd rather focus on the more attainable goal of getting back into my running routine so I can fit into my favorite pair of jeans again."

—KIM

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"Nearly 17 years and three kids later, I wanted to see if my recent spinning classes had paid off—and found my simple sheath dress was loose around the middle. All these years, I thought I was in my best shape ever for my wedding. Wrong!"

—MARISA

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"if you ask me, all signs point to a
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Essie



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This month's **STAFF CHALLENGE:**
To celebrate the women who got back
into shape with our Wedding Dress
Challenge (see page 85), dig up your own
gown and try it on.

REDBOOK

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"My dress fit perfectly (surprise!), and took me back to that amazing day 13 years ago at San Francisco's Grace Cathedral. My 10-year-old daughter loved seeing the dress, and my 2-year-old son said I looked like a princess."

—COURTNEY

"Trying on my wedding dress after 17 years and three kids was not an appealing thought. But it wasn't as bad as I expected! While I couldn't fasten every one of those tiny white buttons, I did get quite a few, and I give all the credit to my fat-blasting Bar Method classes."

—JANE

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"The gown clings tighter in some places, but I was thrilled that all of me still fit inside after 11 years! I wanted to wear it all day, but I was afraid playing with my kids might leave some stains."

—SARAH

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AS A TEACHER, I HAVE TO AGREE:
GET YOUR KIDS VACCINATED!"



FLEA MARKET FRENZY

I was about to spend a wad of cash on a piece of furniture when I came across "Major Room Makeovers on a Teeny, Tiny Budget" [April]. I'm so inspired by what Lara Spencer created with flea market finds. I ordered her book, and can't wait for more ideas. Thank you!

—CAROLYN SCHMID, Parkville, MD

COMIC THERAPY

"Why the Heck Do Men Laugh at That?" [Whys Guy, April] taught me why men find such gross stuff hilarious. It's comforting to know that they use humor to work through insecurities and address taboo subjects. I may not think the same things are funny as my guy and my son, but at least there's a purpose to it! —SHELLEY CLINGAN, Fayetteville, AR

SHOOT 'EM UP—PLEASE

As a teacher, I have to agree with "Parents: Please Get Your Kids Vaccinated" [Healthy You/Guy/Kids, April]. I've come into contact with every germ out there, but I'm not okay with being exposed to vaccine-preventable

illnesses. I have my own kids at home! All my fellow teachers check if our students have had their shots. If not, every time that student complains of not feeling well, they're out of the classroom. Parents complain that it's inconvenient, but spending time in the hospital is much *less* convenient. —ANONYMOUS

STYLE SAVIOR

"30 Days of New Outfits" [April] is a lifesaver for this fashion-clueless mom of two. The morning guessing game is over! —IRMGARD YAJAIRA SAUNTINEZ, via Facebook

WOW, THAT WAS EMBARRASSING!

DIRTY LAUNDRY

"I teach a kids' music class, and when it was dismissed, I saw something in the middle of the floor: underwear. My underwear. They were stuck in my jeans from the last time I wore them and had slowly crept down my leg. I can't imagine what those kids must have thought!" —F.N., AMHERST, MA



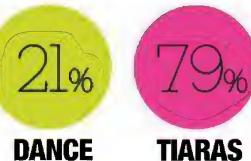
FASHION FAUX PAS

"I commute in flats but carry my shoes with me. One morning I arrived at the office with the left of a green shoe and the right of a black one—and they were two different heights. And yup, I wore 'em all day." —K.A., LOS ANGELES

AND... BOOM!

"While on the treadmill at my gym, I gradually sped up until, in a split second, I lost my footing, flew off, and landed in a pile against a row of machines. I was fine, but so embarrassed that I switched to another branch of the gym!" —L.B., NEW YORK CITY

TELL US, PLEASE
Which are worse:
***the moms on
Dance Moms
or Toddlers and
Tiaras?***



"Let's face it: They're all bad!"

—JANIS MACK

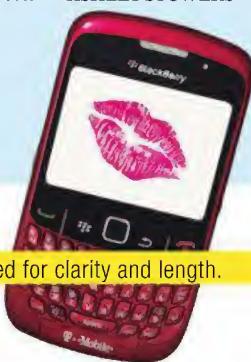


WE ASKED YOU ON FACEBOOK:

WHAT IS YOUR HUSBAND LISTED AS IN YOUR PHONE?

- "John H.U.I.—it stands for husband under investigation!" —ASHLEY STOWERS
- "Captain Fantastic." —JESSICA OAKES
- "The plaintiff." —SHAWNA ROMASANTA-LEMON
- "Professor Hottie McHotstuff." —ROBYN RILEY
- "Gorgeous Ohio Man. He's been listed that way since we met." —ROBIN GREENFIELD

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Inspiration BOARD

TINY WAYS TO MAKE LIFE HAPPIER, SANER, SWEETER



◀ Lemon aid

Embrace the lazy days with this "Laid-back-mama Lemonade" by our Mommy Mixologist, Kim Haasarud. Grab a cocktail shaker and pour in 1½ oz bourbon, ¾ oz triple sec, and 4 oz fresh lemonade. Add ice, shake, then strain into a tall glass. Slap a mint sprig on your palm (to release the aroma), slide it in, then sip until you're saying, "Sure, kids, you can have ice cream for dinner!"

Smell like cake ▶

"They say certain scents attract men, but I never got it until I slathered on Laura Mercier Almond Coconut Milk Body Butter. My guy caught a whiff and asked, 'Where's the cake?' I told him that I hadn't baked, but he wouldn't accept it. 'I want some,' he said.

'Where'd you put the cake?'

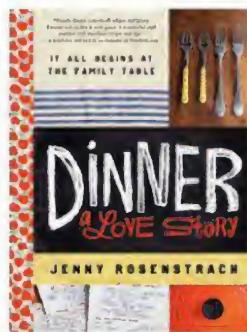
Ah, men."

—KAYLEIGH
DONAHUE,
REDBOOK
BEAUTY
EDITOR



Have a dream dinner ▶

If Jenny Rosenstrach, author of *Dinner: A Love Story*, can do it, you can too. "One day I put music on, poured a glass of wine, and cooked while my girls played," she says. "When I was done, I singsonged, 'Dinner's ready!' and the family marched in. We ate everything on the table and I was like, 'Wow. This can actually happen!'"



▶ Endless love

Let's all dream of getting our drink on (and on, and on) at the 90-foot Infiniti Bar at the Grace Bay Club in Turks and Caicos. It looks as if it's flowing right into the ocean. An ocean of martinis. *Gulpgulpgulp.*

Hey, bright eyes... ▶

Sephora and Pantone (the color folks) paired up to make this 35-shade coloring kit for your eyes. So put your tired taupe shadow on summer hiatus and explore the possibilities. (\$55, sephora.com)



DRINK: PHILIP FRIEDMAN/STUDIO D; FOOD STYLIST: FRANK MELODIA; BAR: COURTESY OF RESORT; BOOK: COURTESY OF PUBLISHER.
EYESHADOW: BEN GOLDSTEIN/STUDIO D; CUPCAKE: FOODCOLLECTION RF/GTY IMAGES; OXFORD: LEAH HENNEL.

▼ Mom crush
We love how mom blogger Kelly Oxford—who recently nabbed a development deal with NBC—tweets her most honest parenting moments, like: "It's very telling that no matter how much you love someone, you always love them more when you see them asleep."



Inspiration BOARD



Try a hookup

Meet what will be the most unique T-shirt pick-me-up you own: the combo necklace. Take two necklaces (they don't have to match!) and hook their clasps together to create one long stunner with an eclectic twist.



Lose yourself

Watching a Wes Anderson film is like a baptism—you're fully immersed and a little reborn. His latest, *Moonrise Kingdom*, is about two 12-year-olds who run off together in the summer of 1965. You'll relive the happy giddiness of your first crush all over again.



Nibble for a cause

When Susan Stachler and her dad had cancer *at the same time*, her mom, Laura, baked gingersnaps to soothe their stomachs. Now, a recovered Susan and Laura are baking it forward: They cook 10,000 snaps a day for their company, Susansnaps, and donate thousands of cookies a year to cancer patients. So munch away on all five flavors (we love the coconut) with zero guilt. (\$15 for a box of 30; susansnaps.com)



Sh-ewing

Dallas, the awesomely naughty show of your youth, is back in the best way, with Jesse Metcalfe and Josh Henderson as the hunky new Ewings. The hair. The abs. The dangerously low towels. What's not to love about junky summer TV? (\$90; asics.com)

Sew sweet

This brilliance comes from Sarah Edmonds of Banquet Atelier & Workshop in Vancouver: After dinner, ask friends to sign a tablecloth with non-permanent marker. Then embroider over their names, stick it in the wash, and cherish your unique guest book!

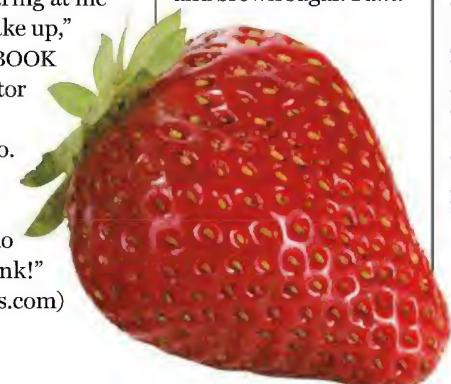


Strawberries are here...

Fresh ways to eat 'em: 1) As ice cream! Toss frozen strawberries in a food processor with a little heavy cream and confectioners' sugar; blend till thick and delicious. 2) Drizzled with decent-quality balsamic vinegar for a sweet-tart effect. 3) Coated in sour cream and brown sugar. Yum.

Kicks start

How's this for morning motivation: running shoes so punchy-bright they almost propel you forward. "I stick mine next to my bed so they're staring at me when I wake up," says REDBOOK senior editor Caitlin Moscatello. "Even groggy, I can't say no to neon pink!" (\$90; asics.com)



Ha! ▶

Channel this awesomely bossy Wonder Woman by comic artist (and mom) Cynthia Sousa Rodgers, a.k.a. Theamat. "We need to give girls powerful heroines that are not required to take their clothes off," she says. Nice legs, boys!



Reminder: Let love in ▶

In the French mega-hit *The Intouchables*—based on a true story—quadriplegic millionaire Philippe (François Cluzet) shuts himself off from the world. Then a street thug-turned-caretaker (Omar Sy) helps him rediscover the wild ride of life. Yes, you'll cry, but the film is a much-needed reminder to get out there and take chances.



◀ Party like it's 1999

Recipe for female pop longevity: Put out a slew of scorching hits and go on hiatus, keeping your fans waiting anywhere from seven to 13 years. Then stage a comeback that shows age hasn't mellowed you at all. It's working well for '90s singers and all-around rad girls Fiona Apple, Neneh Cherry, and Garbage's Shirley Manson (left), who are all releasing new albums. You'll be like, "Gaga? Lana... Who?"



COMIC: CYNTHIA SOUSA RODGERS. THE INTOUCHABLES: COURTESY OF THE WEINSTEIN COMPANY; BABY: KHEG HOLT/GETTY IMAGES. MANSION: GENA CHAPMAN; GIRLS OF A CERTAIN AGE LOGO: COURTESY OF KIM FRANCE. ROOM: COURTESY OF SHAYLENT



◀ Grown-up chic

A style blog from someone other than a 19-year-old fashionista in leather hotpants? Yes, yes, OMG yes. It's why we're hooked on former magazine editor Kim France's new blog, Girls of a Certain Age—all about smart, wearable style for real-life grown women who have long since abandoned the juniors' department.

Your wall needs this ▶

The Japanese have a knack for hitting the cute/useful nexus, as proved by their decorator masking tape—like the regular kind, but in gorgeous colors and patterns. It comes in wallpaper-size rolls, so you can smack it on any blank space for a stripey-cool effect and tear it off later without ruining the paint job. (For more info, visit sincol-mt.com.)

Say wah! ▶

A wise photographer told us this: The next time your kid is having a meltdown—tears, snot, and all—take a photo. You have plenty of smiley shots, but this is the one that will make you both laugh years from now. Or, um, use it for blackmail. Either way.



Inspiration BOARD



Lisa Truong's campaign has given away almost a million diapers for needy bottoms.

Let's make sure every baby has the basics

These 5 ideas make helping so easy. Plus, meet one mini-miracle worker who has found out what new moms need most.

Mom of two Lisa Truong admits that she never thought twice about burning through cases of diapers when her sons—now 6 and 3—were tiny. But that was before she learned that a startling one in three American families struggle to afford this most basic item for their babies. When she contacted a Berkeley, CA, homeless center in 2009 about doing a clothing drive, the workers there told her that what at-risk families needed more than clothes—which donors drop off by the bagful—was diapers. Government assistance programs like food stamps can't be used for diapers; disposable ones run new moms up to \$100 a month, and cloth alternatives require more money up front—plus constant trips to a laundromat. "A mom at one of the centers said that she would give her baby less milk to drink so she didn't have to change her as often," says Lisa. "She just couldn't afford it." So Lisa organized a diaper drive, and in one month she received a staggering 15,000, which she divvied up among shelters and family resource centers. Now, she has turned that one-time project into the nonprofit Help a Mother Out, and in the last three years, the group has distributed almost a million diapers. To join Lisa's "No Butt Left Behind" campaign and get information on hosting a drive, go to helpamotherout.org/diaper-drive.

4 MORE WAYS TO HELP MOMS AND BABIES:

1 See which supplies new mothers in your city could use most and drop them off at Newborns in Need. Find locations at newbornsinneed.com/our-chapters.

2 Give \$10 to the Nurse-Family Partnership (NFP) to support a nurse's visit to the home of a low-income first-time mom. Rita Erickson, 31, of Lakewood, CO, was in jail when she found out she was pregnant—but NFP paired her with a nurse who guided her through the birth of her now-3-year-old daughter. "She really taught me how to be a good parent," says Rita, who's graduating from community college this year. Give whatever you can at nursefamilypartnership.giveo.com/campaigns.

3 Send your kids' gently used gear to Baby Buggy, a charity started by Jessica Seinfeld that passes the goods on to organizations in six cities. Or donate at babyyuggy.com; \$50 will provide one needy mom with a high chair.

4 Sponsor a baby in a developing country for \$20 a month—that's enough to provide her mom with prenatal care, birthing assistance, and newborn supplies through Compassion International's Child Survival Program (compassion.com/help-babies.htm). —ALISON STORM



new

A WHOLE NEW IDEA IN SKINCARE

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INTENSE
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WITH
VITAMIN C

LIGHTWEIGHT
MINERAL
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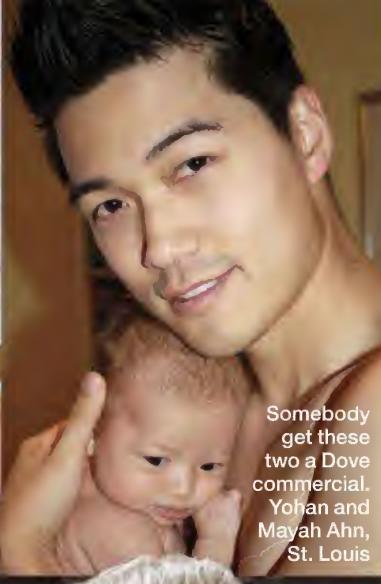
1 APPLICATION
5 INSTANT
RESULTS

- evens tone
- hydrates
- renews
- protects
- brightens

Take care.
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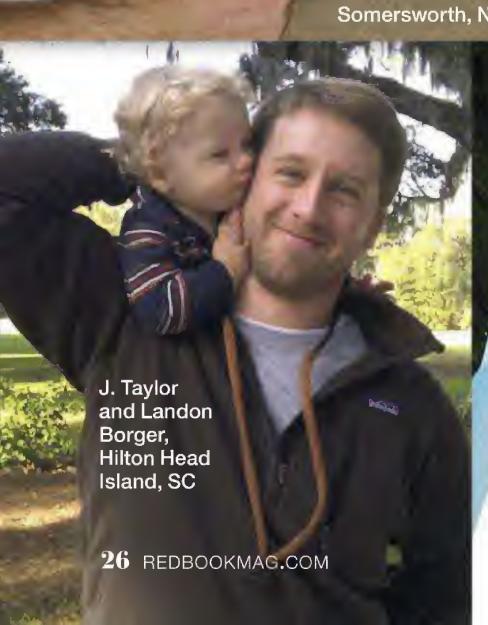
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garnierUSA.com/BB

Inspiration BOARD



GRATUITOUS PAGE OF... HOT DADS WITH BABIES

Coming up: Little kids in tiny bathing suits! Submit your pics at redbookmag.com/readerpics.



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real tea leaves



real fruit
flavors

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DRINK POSITIVE



1

50 UNDER \$50



2



6



3



4

STUDIO D. STYLIST: STELLA REY FOR MARK EDWARD INC. PILLOW: COURTESY OF MANUFACTURER.

- 1 Cue up the Don Ho! This weatherproof pillow will transform your patio into a tropical-chic lanai. Marimekko outdoor pillow, \$34.95; crateandbarrel.com. 2 Cheeks, lids, whatever—this highlighter makes everything it touches softly glow. Hey, Sailor High-Light Powder in Crew, \$28; maccosmetics.com. 3 Good-bye, sad ol' brown bag. Hello, cheery-bright lunch tin. Tiffin food box, \$19; vivodirect.com. 4 Your camp counselor has just been vindicated: Weaving is good for something. Bag, \$44; lululemon.com. 5 A cuff for the biker girl who grew up... and became a fashionista. Bracelet, \$24.75; mimiboutique.com. 6 Go ahead and hit the buffet: This tunic top emphasizes curves and plays down a pooch. Tank, Simply Vera Vera Wang, \$40; kohls.com.

50 UNDER \$50



7 That you'll be greeted with "Hello, sunshine!" is just one of this top's virtues. Top, \$16.99; marshallsonline.com for stores. 8 Fashion oxymoron: a neutral bag that really stands out. Clutch, \$46.71; handbagheaven.com. 9 Proving that comfort is golden, and so are your tootsies. Loafers, \$49.99; wantedshoes.com. 10 Turn your iPhone into a clock radio, 'cause who knows what sleeping with it under your pillow is doing to your brain. Alarm dock, \$40; areaware.com. 11 This woodsy floral smells the way an afternoon in the park feels. Wildbloom Vert, \$48; Banana Republic stores. 12 What you don't want in a guy—lightweight and a little shady—is ideal in a hat. Hat, \$24; shopsueyboutique.com. 13 Soft skin and a lush scent that lasts? We like. Jimmy Choo Perfumed Body Lotion, \$44; saks.com. 14 Don't let the fun colors fool you: These prep knives mean business. Knives, \$13 each; swissarmy.com.

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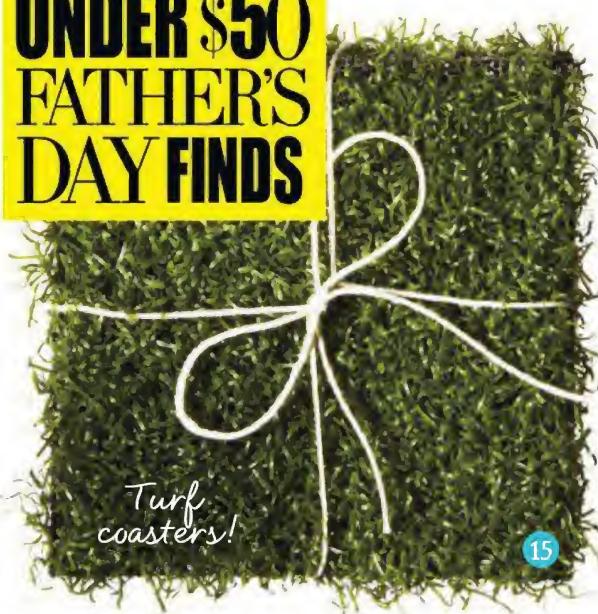
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UNDER \$50 FATHER'S DAY FINDS



15



16



22



19



It's a bike light



18

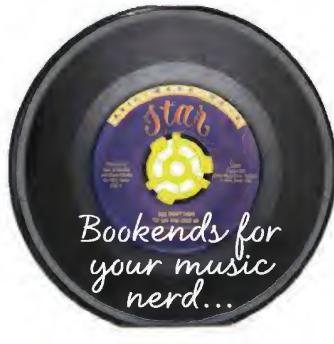


19



20

MAKE DAD SMILE WITH STUFF HE'LL LOVE (FOR CHEAP!)



*Bookends for
your music
nerd...*



21

15 Put these in, Coach! And maybe next time you won't have to "suggest" he use a coaster. Turf coasters, \$12.95 for 4; bergino.com. 16 Finally, his dream of a dressy sneaker is realized. Leather sneakers, \$29.95; hm.com for stores. 17 The subtle mix of marine notes and white musk smells so, (sniff) so good. Barber Cologne in Elixir Blue No. 1580, \$19.50; bigelowchemists.com. 18 Replace Dad's dorky helmet headlamp with this tiny-but-powerful one. Bookman light, \$30; adelinedeadline.com. 19 A timeless timepiece you don't have to sell a kidney to afford. Timex watch, \$45; kohls.com. 20 A hipster-y (yet classic!) hoodie. 21Men by Forever 21 sweatshirt, \$24.90; forever21.com. 21 Make space on the shelf for these bookends—and his Tom Clancy collection. Bookend set, \$40; uncommongoods.com. 22 Be sure to mention how sexy you find his knees. Shorts, \$45; landsend.com.

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same day
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20 UNDER \$20



YOU SCREAM, I SCREAM, WE ALL SCREAM FOR AWESOME

- 23 A demurely sexy stunner. Dress, \$19.80; forever21.com.
- 24 This pile o' rings won't deplete your pile o' cash. Ring set, \$16; uniquevintage.com.
- 25 Infuse your looovely coach seat with first-class comfort. Travel pillow, \$18; flight001.com.
- 26 What the chicest art teacher on the planet would wear. Necklace, \$19.99; worldmarket.com.
- 27 Feeling bold? playful? These belts have you covered. Worthington belt set, \$18; jcpenney.com.
- 28 A wallet so pretty you'll want to leave your purse at home. Wallet, \$15.99; warehousechicaccessories.com.
- 29 Give your kitchen cuteness (and a cushy place to stand) with this runner. Torva Rand rug, \$19.99; ikea.com for stores.
- 30 Smoky eyes lite: The sage green pencil adds a flicker of color, and it glides on like a dream. Quickliner for Eyes Intense in Intense Ivy, \$15; clinique.com.
- 31 Preppy mocs in an electrifyingly fun hue. Loafers, \$18.50; gojane.com.



BUYS THAT LEAVE YOU ENOUGH CHANGE FOR ICE CREAM!

CUP SLEEVE: COURTESY OF MANUFACTURER.

- 32** Bath gel so energizing you'll forget it's—how early?! Shower Gel in Wild Citrus Sunflower, \$11; bathandbodyworks.com. **33** A funky step up. Stool, \$19.99; themacbethcollection.com. **34** You're an everyday Wonder Woman—put this on your wrist! Cuff, \$16; shopsueyboutique.com. **35** This cheery steamer makes for a happier cook. Steamer, \$17; josephjoseph.com. **36** A boho-cool cover-up. Scarf, \$19.99; target.com. **37** Aviators with a hot (pink) twist. Bongo sunglasses, \$12.98; sears.com. **38** Flowers that'll bloom... till you wear 'em to bits. Sandals, \$12.99; burlingtoncoatfactory.com. **39** Hair gloss and styling wax in one compact. Double Do Shape and Gloss Kit, \$18; meetmark.com. **40** Your suit's new BFF. Ali & Kris top, \$15.99; MadRag stores. **41** A pearl ring even tough girls can love. Kardashian Kollection ring, \$15.40; Sears. **42** More style for your joe, less cardboard in the landfill. Coffee cozy, \$15; graphicimage.com.

\$10 AND UNDER

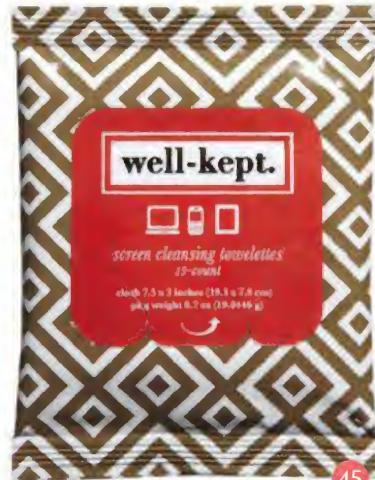


A whimsical soap dish

43



44



45



49



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45



48



47



46

43 Guests won't need to fish around for the hand soap. Dish, \$10; westelm.com. **44** A little of this high-pigment blush goes a gorgeously long way. Stick Blush in Tulip, \$6; nyxcosmetics.com. **45** We won't get all preachy, but germs from your cell phone near your face? Ew! Screen cleansing towelettes, \$9.98 for 2 packs; staywellkept.com. **46** A bird-print scarf for the classiest of birds—by which we mean you. Scarf, \$8; lovemode.com. **47** The rough-hewn vibe makes these danglers perfect for day, too. Earrings, \$9.95; fantasyjewelrybox.com. **48** Tank heaven: flowery enough to be sweet, body-conscious enough to be sexy. Mossimo for Target tank, \$8; target.com. **49** A golden-delicious treat for your side table. Ceramic fruit, \$3; pier1.com. **50** All four polishes in this set are terrific. Let the "which on my fingers, which on my toes?" debate begin! Sonia Kashuk A Powerful Punch Four-Piece Mini Nail Set, \$9.99; target.com.



Beautiful gives her
daughter something to
look forward to.



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skin tone at ceramide.elizabetharden.com.

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Boston Store
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Younkers
ULTA



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Hello, summer!

Take a dip in the giveaway pool—new clothes, sparkly studs, and one fab trip. Enter to win at redbookmag.com/freebies.



DIAMONDS GALORE

1 reader will win a gleaming pair of pavé-diamond teardrop earrings backed in 14K gold plating from J/Hadley. Total retail value, \$2,750.



A SILVERY LAMP

4 readers will each win a Kichler Gator table lamp from Kichler Lighting with an Energy Smart LED bulb, courtesy of GE Lighting. Value of set, \$450.



PICNIC IN STYLE

12 readers will each win a Clos du Bois picnic basket designed by Tracy Reese, including wine glasses, pretty printed napkins, a corkscrew, and a coupon for 2 bottles of wine. Value of each, \$135.



LUSH SKIN CARE

30 readers will each win a gift card to spend on the all-natural skin, hair, and makeup products from Suki Skincare. Value of each, \$50.



FREE CLOTHES!

6 readers will each win a gift card to spend on any of the fun dresses, tops, and accessories from Lulu's. Value of each, \$250.



TUNES IN EVERY ROOM

2 readers will each win a Sony Homeshare system, which includes a portable wireless speaker, an iPhone/iPod dock, and a universal remote. Value of each, \$1,000.

DRESS: BEN GOLDSTEIN/STUDIO D. STYLIST: DIEPRE RODRIGUEZ FOR R.J. BENNETT PRESENTS. RESORT: COURTESY OF PUNTACANA RESORT AND CLUB. OTHER STILLS: COURTESY OF MANUFACTURERS (7).

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New



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DEVELOPLUS Hair Color Remover

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Shaving can irritate skin, causing dark marks to become visible. The effective solution? **New Dove® ClearTone™ anti-perspirant**



9 out of 10 women preferred it for more even looking skin tone in just 2 weeks*

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GREAT CLOTHES FOR REAL LIFE

TREND WITH BENEFITS

Neon accessories

WHY YOU'LL LOVE...

Day-Glo add-ons

● **They're a two-second wardrobe makeover.**

An infusion of energetic color will shock new life into all the basics in your closet.

● **You get twice the fashion bang for your buck.**

Elegant shapes make these items feel both uptown chic and downtown cool.

● **You can't go wrong.**

A single piece is all you need to look like the most confident woman in the room.

Shoes, Heart Soul, \$59; dsw.com. Clutch, Urban Expressions, \$53; baghaus.com. Bag, Melie Bianco, \$62; meliebianco.com.

TREND WITH BENEFITS

Sunglasses, Crave, \$14; Sunglass World.

Wedges, Tommy Hilfiger, \$89; tommy.com.

Ring, Isharya, \$140; isharya.com.



Clutch, Forever 21, \$24.80; forever21.com.

Necklace, Adia Kibur, \$48; pinkmascara.com.



Bag, Truvow, \$89; truvow.com.



Belts, Mixit, \$15 each; jcpenney.com.

**BRIGHT IDEAS
TO WAKE UP
YOUR
CLOSET...**

Necklace, Moon and Lola, \$78; moonandlola.com.

Bangle, C. Wonder, \$28; cwonder.com.



Flats, Nine West, \$69; ninewest.com.

Bag, Melie Bianco, \$79; meliebianco.com.



Heels, Ann Taylor, \$158; annaylor.com.

Espadrilles, Jon Josef, \$125; jonjosef.com.



Emma Stone
heats up a neutral dress with hot pumps—a move even color-shy gals can master.



calvinkleinfragrances.com

macy's and [macys.com](http://macy.com)

ETERNITY
for men
Calvin Klein

what begins here never ends



Look like the boss

Take it from Ivanka Trump: You can dress prettily and still get the minions in your life to *listen*. Here's how she polishes it up.

GO WHITE FOR SUMMER.

"There's nothing I have more of in my closet than little white dresses. They're versatile and elegant, but sexy in a feminine way. And then I'll have a bit more fun with accessories—like a pair of neon sandals."

Dress, Charter Club, \$89; macy's.com. Sandals, MIA, \$39.99; miashoes.com.



YOU CAN NEVER HAVE TOO MANY...

"Cardigans. I stock up on them—I own tons. They go great over dresses and help them transition from season to season."

Cardigan, C. Wonder, \$68; cwonder.com.



BEAUTY? KEEP IT SIMPLE.

"I've been using Purpose face wash since I was 12—it works! And I always swipe my under-eye concealer, which is a shade lighter than my skin, on my top lids so it looks like nude shadow."

Purpose cleansing wash, \$7.99; drugstore.com. Estée Lauder Double Wear makeup, \$33.50; esteelauder.com.



Ivanka just launched a full clothing line (and had a baby girl last summer!).

IF YOU'RE GOING TO SPLURGE...

"A timeless piece of jewelry, like pearls or stud earrings, has lasting value. I bought a vintage ring for \$600 with my first paycheck; I plan to pass it down to my daughter."



THE HARDEST-WORKING THING YOU'LL OWN IS...

"A great pair of flats. I'm always running up and down buildings or around 800-acre properties for work—you can't do that in heels or flip-flops!"

- 1 Calvin Klein, \$89; calvinklein.com.
- 2 Ecco, \$130; eccousa.com.
- 3 Ivanka Trump, \$130; bloomingdales.com.
- 4 Sam Edelman, \$90; zappos.com.

BREAK AWAY FROM THE BLACK SUIT!

"As I grew more confident professionally, I realized I could express my abilities just as well in a pink suit, or a neutral one worn with a colorful silk cami." Jacket, \$195, and skirt, \$125, both Ivanka Trump; ivankatrump.com.



The perfect start to the break of day.

got milk?

Nourish every day.

Your shorts upgrade



Silk georgette shorts, Club Monaco, \$99; clubmonaco.com.

Put your khaki staples on notice: These **super-flattering** shorts cross low-key cargo styling with the flirtiness of a silk skirt. Let the love-fest begin!

1 *Be sporty & chic*

This mix of fun pieces makes you a shoo-in for the Best Dressed at the Park award.

Watch, TKO Orlogi, \$95; tkowatches.com. T-shirt, Kensie, \$38; Macy's. Jacket, Eddie Bauer, \$49.95; eddiebauer.com. Backpack, Target, \$29.99; target.com. Sandals, Isaac Mizrahi Live! for QVC, \$39.75; qvc.com.



2 *Get your party on*

Add a glitzy top, some gleamy jewelry, and (walkable!) heels—then stand back and watch your dance card fill up.

Top, \$198, and vest, \$268, French Connection; French Connection stores. Earrings, Aqua, \$30; Bloomingdale's. Bangle, Cost Plus World Market, \$9.99; worldmarket.com. Clutch, Olivia + Joy, \$72; oliviaandjoy.com. Heels, Nine West, \$89; Macy's Herald Square, 212-695-4400.



Show off your shoulder!



3 Play the earthy sex kitten

Ah, the power of a drapey knit: It conveys total seduction, yet is still relaxed enough for Sunday brunch.

Tank, Talbots, \$49.50; talbots.com. Sweater, Express, \$70; express.com. Cuff, Worldstock, \$13.29; overstock.com. Sandals, Daniblack, \$150; amazon.com. Bag, Sofia by Sofia Vergara, \$19.99; kmart.com.



4 Make a pattern of it

The nautical print has an old-school charm—while funky accessories give the outfit a modern vibe.

Top, L.L.Bean Signature, \$89; llbeansignature.com. Bangle set, Bombay Fashions.com, \$9.99 for 3; bombayfashions.com. Enamel bangle, R.J. Graziano, \$45; 212-685-3737. Shoes, Lands' End, \$65; landsend.com. Bag, The Limited, \$75; thelimited.com.



5 Prep it all up

Be polished—and hipster-cool—in snappy, stolen-from-the-boys classics.

Watch, Armitron; \$75; amazon.com. Shirt, J.McLaughlin, \$138; jmclaughlin.com. Cardigan, Uniqlo, \$29.90; Uniqlo stores. Oxfords, Ecco, \$180; eccousa.com. Necklace, Warehouse Chic Accessories, \$12; warehousechicaccessories.com. Bag, Shop Suey, \$58; shopsueyboutique.com.



GET READY FOR PDA



Let's face it. In today's technology-driven world, we text more than we hug. We video chat more than we hold hands. We touch our phones more than we touch each other. So, to help couples stay connected—really connected—the Million Moments of Touch movement has been launched by NIVEA. How can you get involved? It's simple! Take part in NIVEA's first-ever **National PDA Day** this June by showing off public displays of affection with the one you love. Don't be shy! Get in on the action.

PDA POINTERS

Every couple needs experiences to stay close and connected. It's as simple as finding little ways to squeeze some affection into your day. Here are some inspiring ways to share more moments of touch:



- 1** When out to dinner, be that couple who sits on the same side of the table. Get ready for your close-up by prepping your skin with **NIVEA Waterlily & Pearls Body Wash**. The alluring scent will have him inching closer all night long.
- 2** Slip on one of the season's body-baring fashions. Make your skin so irresistible that he can't resist by applying **NIVEA Skin Firming Body Lotion** formulated with Co-Enzyme Q10 Complex. It's proven to provide firmer, more toned skin in as little as two weeks.
- 3** Make time for a good-bye kiss each morning—even when you're rushing out the door. For soft, smooch-worthy lips, use **NIVEA A Kiss of Shimmer SPF 10 with shea butter and jojoba oil**. It moisturizes and it leaves behind a glamorous, pearly shine.
- 4** Keep his skin touchably soft and ready for any affectionate moment. Treat him to **NIVEA for Men Energy Lotion** with Q10 and UV protection to moisturize, protect, and smooth his skin.

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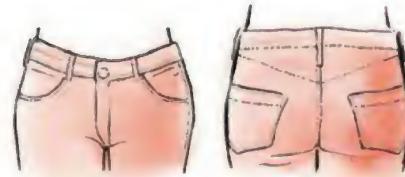
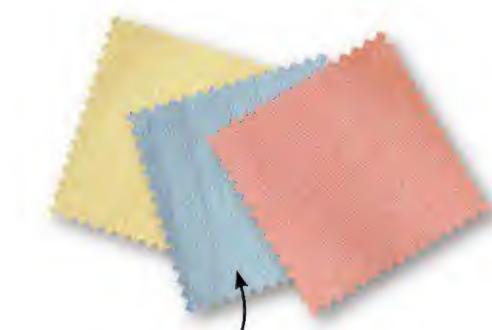
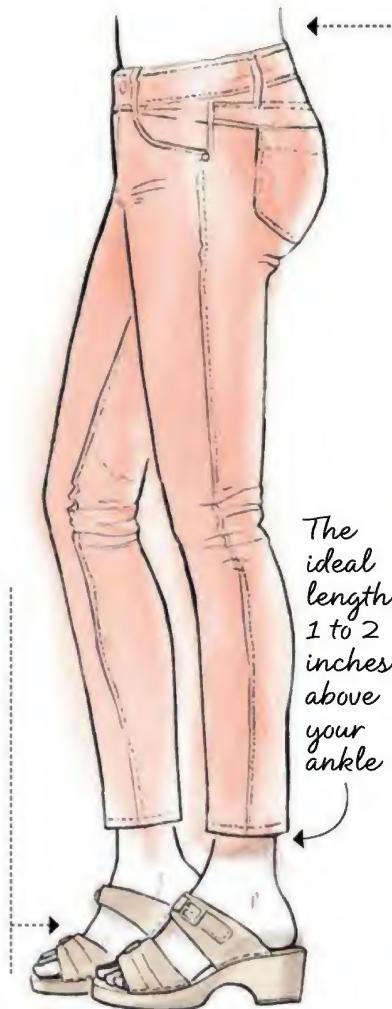
Kate Middleton plays it preppy-cool.

Just when you'd wrapped your brain around bright-red denim, here comes summer's even trickier trend: sorbet-hued jeans. But don't assume they'll make you look like a doughnut! As celebs from curvy Khloe Kardashian to pin-thin Kate Middleton prove, they can flatter *all* shapes—if you follow a few key rules.



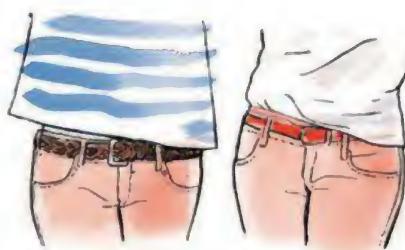
Simple, low-heeled shoes are best.

The vibe here should be easygoing, which translates to: no teetering heels. If you need a little lift, go for mid-height pumps. On the weekends, roll the hem and throw on classic sneakers, or go the boho route with flat leather thongs or clogs.



Pay attention to pockets.

Pale jeans are less forgiving, so keep them sleek and simple. Avoid contrast stitching and go for false (or short) front pockets. In the back, you want pockets that start at the outer edge of your cheeks and are about as big as your hand: They're the most bum-friendly.



Show off your hips.

Don't cover these cuties up with long shirts! Pick a top with a slightly boxy shape that hits right at the waistband; your lower half will look nicely slim by comparison. Or do the half-tuck: Tuck in just the front bit of your shirt and let one or both sides hang loose.

The right picks if you have a...



Curvy rear

The contoured waistline—it's higher in back than in front—makes for a brilliantly gap-free fit.

MiracleBody, \$98; Bloomingdale's. Sizes 2 to 16.



Boyish figure

This special super-stretch material enhances curves and never gets baggy.

Dylan George, \$148; nordstrom.com. Sizes 24 to 32.



Pear shape

The extra-hold shapewear fabric is designed to make your bottom half look a whole size smaller.

NYDJ, \$104; nydj.com. Sizes 0 to 18.



Budget!

These cheapie stunners come in three lengths and a wide range of sizes, including petites.

Old Navy, \$34.50; oldnavy.com. Sizes 0 to 20, in short, regular, long, petite, and tall.



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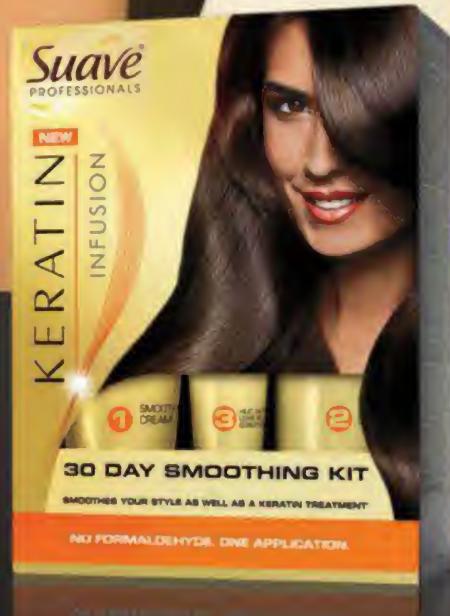
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GET A LITTLE PRETTIER EVERY MONTH

BEAUTY COACH

5 TRICKS TO...

Make cellulite disappear

Use these expert tips to diminish and disguise those damn dimples.

You'll never think twice about throwing on a pair of shorts again.

By Cristina Mueller

BEAUTY TRICKS



1 USE A FIRMING CREAM

Let's get this out of the way: There's no miracle cure-in-a-jar for cellulite. But "a firming cream that contains caffeine and hyaluronic acid may help disguise cellulite for up to eight hours," says dermatologist Doris Day, a clinical assistant professor of dermatology at New York University Medical Center. She says her patients love Estée Lauder Body Performance Firming Body Creme, \$40.



2 TRY THE ANGEL TRICK

Victoria's Secret models seem immune to cottage-cheese syndrome, but makeup artist Stephanie Flor, who preps them at the brand's runway show, says even they get a little help: "If you attract light to the rest of the legs, cellulite is less obvious." Dust a shimmery bronzer like NYC New York Color Bronzer (above), \$4.99, down the front of your legs. For medium or dark skin, use a body oil instead.



3 Give your thighs a rubdown

"Massage boosts circulation and plumps the skin, creating a smoother look that lasts for days," says Shelley Bawiec, director of spa education for Aveda. Her fast D.I.Y. technique: In the shower, apply a body scrub like Bliss Hot Salt Scrub (right), \$36, in vigorous, sideways back-and-forth motions. After you've dried off, use a body oil (try Neutrogena Body Oil, \$9.99) for a two-minute deep massage: First, smooth your palms in long strokes down the backs of your thighs, then use your fingers to apply pressure in slow, circular motions.



4 ADD SOME SQUATS

"Strong muscles make cellulite less obvious," says trainer Lacey Stone, who has worked with Nicole Kidman. Just squeeze in these squats to tone the area while watching *True Blood*: Standing with feet shoulder-width apart, stick your butt out as you bend your knees to a sitting position; hold for two seconds. Do this 15 times, three days a week.

5 DOUBLE UP ON SELF-TANNER

This might sound like Snooki's beauty regimen, but celebrity faux-tanner Jimmy Coco, whose clients include Kim Kardashian, swears by a two-layer technique. First, apply a self-tan lotion only to the bumpy areas (try L'Oréal Paris Sublime Bronze Self-Tanning Lotion, \$9.99). Then mist your entire body with a self-tan spray (like St. Tropez Self Tan Bronzing Spray, \$35). "The contouring has a slimming effect that lasts several days," he says.



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9 SHORTCUTS TO TOTAL BEAUTY HAPPINESS



1 Sexy eyes times four Wear each of these shimmery shadows alone, or use them together for a warm, smoky look (you also get a creamy brown liner, not shown). Clarins Enchanted Colour Quartet & Liner Palette, \$40.

2 Lip gloss-alooza Like Stackables for your smoother, this marker-size tube packs four luminous pink shades and two sheer ones: The green delivers clear shine, and the iridescent hue adds sparkle. Sephora Collection Color Wand in Rebellion, \$10.

3 Be a green goddess Glittery teal along your lashes gives as much definition as black—but looks a little extra exotic. NYX Cosmetics Jumbo Eye Pencil in Sparkle Green, \$4.50.

4 Romance rebooter Want to incite some nuzzling? Spritz this lush blend of lemon, lily, and musk behind your ears and give him a wink. Guerlain Lys Soleia eau de toilette, \$85 for 4.2 oz.

5 Cheery cheeks Swirl this mash-up of bronze, peach, and pink powders on the apples of your cheeks to look and feel instantly sunny. Laura Geller Blush-n-Brighten in Sunswelt, \$29.50.

6 Airbrushing for all Its short, firm bristles are meant to buff mineral foundation into skin, but we love how seamlessly it blends powder and bronzer, too. Physicians Formula Mineral Wear Airbrushing Kabuki Brush, \$10.95.

7 You've got great skin under there! A fusion of essential oil and itty-bitty beads uncovers baby-soft skin without irritating. L'Occitane Angelica Exfoliating Gel for face, \$30.

8 Feel-good lip stain With as much pigment as a lipstick plus loads of shine, this delivers truly awesome, lasting color. Yves Saint Laurent Rouge Pur Couture Glossy Stain in No. 17, \$32.

9 Malibu, bottled Glamorize your go-to sundress with this shimmery body oil. A tiny dab (and we mean *tiny*) adds a golden sheen to your arms, legs, and chest. Too Faced Royal Oil, \$35.



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Salma Hayek's long, scattered layers create youthful bounce.



Wispy, face-grazing pieces soften Halle Berry's cropped cut.



A messy side part makes Julianne Moore's 'do easygoing and ageless.



Chunky bangs like Reese Witherspoon's are cute and strategic.

Over 30? Try these hair tricks

The right cut or style can be the world's most powerful anti-ager (and no, we're not talking pigtails). These quick, simple tweaks will make you look fresher and sexier—by tomorrow!

SHAKE UP YOUR CUT

We're shouting it from salon rooftops: The difference between a haircut that's aging and one that's age-defying comes down to layers. "Without them, hair doesn't move—and nothing makes you seem older than stiff hair," says hairstylist Juan Carlos Maciques of the Rita Hazan Salon in New York City, who works with Jennifer Lopez. "No matter what your length, you want delicate layers throughout and face-framing pieces. This creates lush, healthy-looking hair, which softens your entire appearance." (Blunt cuts, on the other hand, can catapult you a decade, à la Callista Gingrich.) And we're setting the record straight on length: You don't have to abandon long hair for a short, so-called sensible 'do when you hit 40. "Just get regular trims so your hair maintains that healthy look," Maciques says.

EMBRACE YOUR TEXTURE

If you have kinky or African-American hair and wear it natural, "a cut that's shoulder-length or shorter is the most youthful—any longer, and your hair starts to balloon around your head, which piles on the years," says hairstylist Tippi Shorter, whose clients include Jennifer Hudson and Mary J. Blige. This hair type also needs a serious wallop of moisture to prevent it from getting dry and brittle (an instant ager). For this, use a curl-enhancing product, says Shorter, whose fave brand is Kinky-Curly. "It's an ethnic hair-care line with different curl enhancers, from a lightweight serum to a rich cream, so there's something for every type of curl."

BE A BANGS PERSON

If you've never had them, know that bangs work Botox-like wonders in disguising forehead wrinkles. "They also make your hair appear fuller, which helps deflect from thinning," says celebrity hairstylist Ric Pipino, who works with Elle Macpherson and Fergie. His advice? Go big or go home: "Thick,

softly beveled bangs are the most girlish," he says. If that sounds too rock 'n' roll, try a long, sideswept fringe, which creates pretty movement and also erases years.

GET YOUR SHINE ON

As every Disney heroine reminds us, glossy hair is a symbol of youth and vitality (anthropologists, incidentally, agree). An at-home glaze like John Frieda Clear Shine Luminous Glaze, \$9.99, restores sheen with nourishing oils and works on all hair types, including ethnic. Apply it once a month to wet, freshly shampooed hair; wait five minutes, then rinse and follow with conditioner.

YOUTH-IFY YOUR PONYTAIL

Slicked-back styles put every pore and fine line on full display. Instead, use your fingers to rake your hair back into a ponytail or bun, which creates soft ripples and a slightly fuzzy finish that's relaxed and sexy. "It's okay if it's a little messy—that's what makes it young," Pipino says.

STAY TO ONE SIDE

Unless you're going for that Maria Callas, super-diva vibe, "a center part can make you look severe," Maciques says. His softening tip: Shift your part to the side and make it slightly zigzaggy, which creates an effortless look that (bonus!) hides grays and roots.

WHY 7 YEARS YOUNGER?

Because science shows if you do all you can—smart skin care, healthy diet and exercise, plenty of sleep—most women can turn back the clock about seven years. Check out this free downloadable booklet, *Eat to Look & Feel Younger*—full of recipes with anti-aging benefits—at 7yearsyounger.com/eattolookyoung.





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HOT SUMMER NAILS!

OUR TOP 10 LIST OF PRO SECRETS, FUN TRENDS, AND SHINY, HAPPY COLORS.
BY KAYLEIGH DONAHUE

1 BEST POLISH PAIRS

This summer, go a little crazy with your mani-pedi combos. "Mix it up!" says Ji Baek, founder of the Rescue Beauty Lounge nail collection. "Just keep the more intense shade on your toes." Here, our fave duos (above):

- **Copper + peach:** CND Colour in Copper Chrome, \$9, and MAC Cosmetics Beth Ditto Nail Lacquer in Life and Beth, \$15
- **Coral + citrus:** Butter London 3-Free Nail Lacquer in Trout Pout, \$14, and Deborah Lippmann Nail Lacquer in Yellow Brick Road, \$16
- **Electric blue + pink:** Rescue Beauty Lounge Nail Polish in Cuprum, \$20, and Essie Nail Polish in Camera, \$8
- **Lilac + mint green:** L'Oréal Paris Colour Riche Nail in Butterfly Kisses, \$5.99, and
- **Red + sky blue:** Revlon Nail Enamel in Red Bikini, \$4.99, and Thakoon for Nars Nail Polish in Kutki, \$18
- **Lavender + silver:** Laura Mercier Nail Lacquer in Lavender Cloud, \$18, and OPI Nail Lacquer in DS Radiance, \$12.50
- **Raspberry + teal:** Estée Lauder Pure Color Nail Lacquer in Purple Passion, \$19, and E.L.F. Cosmetics Nail Polish in Teal Blue, \$2



2 THE FAST AND PERFECT AT-HOME PEDI

Who has an hour to obsess over their feet? This 10-minute pedicure comes courtesy of Jin Soon Choi, owner of the Jin Soon Natural Hand & Foot Spas in New York City.

1. **File your toenails** into a soft square shape. "Nails that are too rounded can grow into your skin," she says. Smooth any rough edges left from filing with a nail buffer.
2. **Squeeze a dot** of liquid cuticle remover onto each toenail (Choi likes Sally Hansen Instant Cuticle Remover, \$5.95, left) and rub it in. "This helps dissolve any dead skin," she says. Wait 15 seconds, then push back cuticles with an orange stick.
3. **Apply a base coat.** "It's crucial for a lasting pedicure," says Choi; follow with two coats of color. Finish with a top coat like Orly PoliShield, \$10. It'll take up to an hour for toes to dry, so wear sandals or flip-flops afterward to be safe.

HOT SUMMER NAILS!



3 CELEB SIGHTING: THE ACCENT MANI

Spotted on stars like Beyoncé, the accent mani is a cool, understated twist on your everyday manicure. "If you're not into full-on nail art, it's a way to still be trendy," says celebrity manicurist Deborah Lippmann, who works with Madonna. And it couldn't be easier: Just choose two contrasting nail colors (like Beyoncé's pink and green combo, or any of our mani-pedi matchups on the previous page), brush the bolder hue on your ring finger, then paint the rest of your nails with the tamer shade.

6 SOOTHE YOUR SOLES

Even perfect polish can't hide the toll a new pair of sandals can take on your feet. To keep calluses in check, use a large file on *dry* skin (try Diamancel foot file #20, \$38, above), then slather on a rich cream like LCN Urea 40% Chapped Skin Cream, \$17.90. To prevent painful blisters, "smooth lotion on the spots of your feet that rub against the shoe," says Suzanne Levine, a board-certified podiatric surgeon in New York City and author of *Your Feet Don't Have to Hurt*. Or try Dr. Scholl's Blister Defense Anti-Friction Stick, \$7.99. Resist the urge to pop a blister, unless it's somewhere unbearable. "In that case, sterilize both the area and a needle with rubbing alcohol," Levine says. "Prick the bubble, then cover it with a Band-Aid." Change the Band-Aid daily—and skip salon pedicures—until the skin heals.

4 GEL MANI NEWS

Salon gel manicures are everywhere now, and while fans love how the color stays chip-free and shiny for up to two weeks, experts warn that the treatment, which involves filing off the top layer of each nail before applying the color, can leave nails cracked and brittle. Now two services available nationwide offer the same results without that damaging step: CND Shellac Power Polish, \$25 to \$45, and GelColor by OPI, \$35 to \$55. We've tried both, and their color lasts just as long as other gels—minus any of that rough stuff.



5 BE A BUFFER

Bare nails can look super-pretty—if you buff 'em. "It takes less than a minute and makes them so shiny," says celebrity manicurist Kimmie Kyees, whose clients include Salma Hayek. Look for a buffer with at least two different sides: a gritty one for smoothing and a soft one for polishing (try Revlon CrazyShine To Go, \$3.99, above top and right, or Ms. Manicure Block Party, \$1, above left). Move the rougher side back and forth in an X shape over each nail so you reach the nail corners, then repeat with the softer side. "You can do it weekly—but scale back to every other week if your nails tend to split," says Baek.



Treat your nails like a pro



*Based on Symphony IRI data 12/4/11

Color Report

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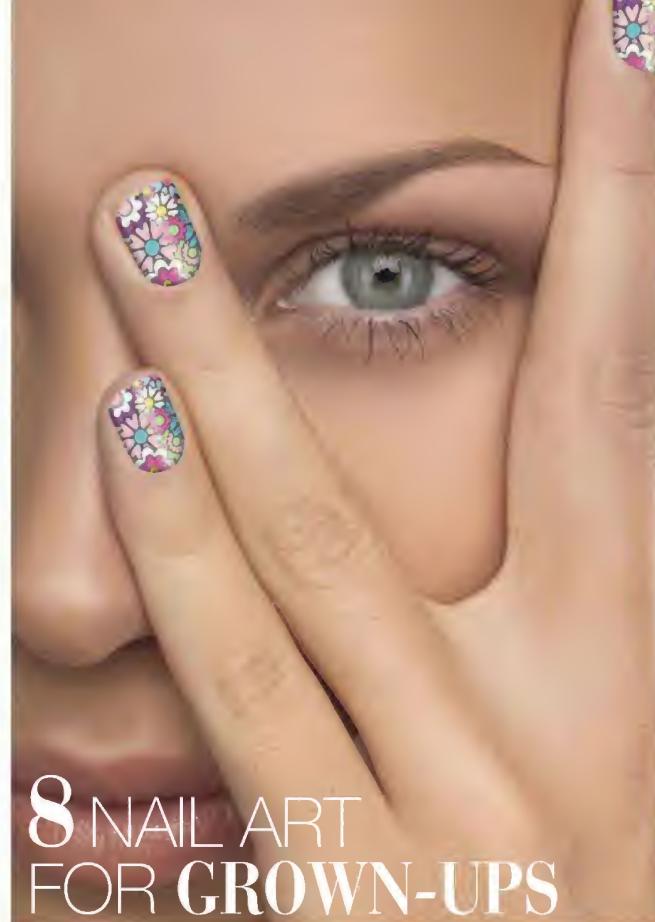


HOT SUMMER NAILS!



7 FIX A CHIP—FAST

When your mani starts to crumble, there are two ways to salvage it. If the polish chips at the nail's edge, "file it off with the softest emery board you have," says Baek. "Gently move the board in one direction until the bare spot is gone." Then apply a layer of top coat. If you've nicked the color, try this trick from Lippmann: Wet the pad of your finger with polish remover, then smooth it over the gash. Let it dry, then dab—don't paint—the shade into the crack. Wait a minute, then paint the entire nail with a layer of top coat.



8 NAIL ART FOR GROWN-UPS

Try one of these cheapie ways to snazz up your nails. Come on: It's summer vacation!

- Sally Hansen Salon Effects Real Nail Polish Strips, \$9.99. These strips—which are made of actual polish—go on like stickers and last for at least a week. Our favorite: Girl Flower (above).
- Pure Ice Magnetic Attraction Nail Polish, \$4.99. Paint on the polish, hold the magnetic bottle cap over each wet nail for 30 seconds, then watch in amazement as groovy ripple patterns emerge.
- Topshop Make Up Nail Art Pen, \$12. Unleash your inner Keith Haring with these polish markers, which make it easy to doodle designs on bare nails or on top of dry polish.

WOMAN: ALTRENDO IMAGES/GETTY IMAGES; FEET: FREDERIC LAGRANGE/TRUNK ARCHIVE.

9 MAGIC ERASERS

New polish removers that don't spill or drip? We likey.

- Essie The Nail Corrector, \$14, and Cutex Corrector Pen, \$3.99. These felt-tip markers filled with remover are the perfect size for dabbing off color that has seeped onto your cuticles. No more Q-tip fuzzies getting stuck in your polish—genius.
- Sephora Collection Instant Nail Polish Remover, \$9.50. It's like a squeegee for your digits: Just slip each nail into the remover-soaked sponge in the jar, twist it back and forth, and you're squeaky clean in seconds. (And for some wonderful, mysterious reason, it's fume-free.)



10 THE BEST WAY TO DRY YOUR NAILS

We've tested all the speed-dry options—the fans and heat lamps, the drops and sprays—and found that the only thing they shorten is a manicure's lifespan. "I've stopped using all of it and instead just let my nails air-dry for 15 to 20 minutes, and the color lasts a full week or longer," says REDBOOK beauty director (and manicure addict) Victoria Kirby. Baek seconds this: "Sprays and drops can cause the polish to chip sooner, and all the dryers really do is keep your hands occupied for 10 minutes so you don't smudge the polish," she explains. For extra protection, we swear by Daby Nail Hardener, \$13.95. This industrial-strength top coat acts as a shield between your polish and the world. Our manicure looks just as fresh on day 10 as it does on day one!

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NEWS TO MAKE YOU FEEL BETTER, ALMOST INSTANTLY

HEALTHY YOU

9
health risks
that aren't
worth taking

It can take researchers decades to prove, beyond a shadow of a doubt, that something is bad for you. Cigarettes? Thirty-eight years. Trans fats? Forty-six years. But you don't need to wait for the final word on these nine habits; experts are sure enough to say to us all, "Why risk it?"

1 Holding your cell phone up to your ear.

Although the overall risk is still very low, research suggests that people who have spent the past decade or more frequently talking on their cell phones in the traditional way are more likely to develop brain tumors. John Walls, a spokesperson for industry trade group CTIA: The Wireless Association, points out that no major American health organization has said that wireless devices are a public health risk. (The World Health Organization, though, has expressed concern.) And texting or talking while driving—which boosts your chances of having a car wreck by a factor of four—poses a far bigger risk than the radiation may. But considering that you can get an earbud-type hands-free set for as little as five bucks, why *not* take the safest tack? “I think the data are strong enough that using a hands-free set with your cell makes a lot of sense,” says public health expert Ted Schettler, M.D., science director of the Science and Environmental Health Network.►

2

PVC shower curtains.

That funky, chemical-y smell of new polyvinyl chloride (PVC) shower curtains comes from volatile organic compounds, which may be carcinogenic over time and can cause nausea and headaches in the short term, according to the Environmental Protection Agency. "I always recommend the good old-fashioned fabric curtains," says preventive-medicine expert Suzanne Pham, M.D. Want something waterproof? Look for vinyl acetate, which is safer, she says.

3

Microwaving in plastic.

Heat releases some of the chemical building blocks in plastic, sending them into whatever food or drink you're warming up. One such chemical, bisphenol A (BPA), "can mimic the effects of estrogen in the body, potentially leading to issues like premature puberty and breast or testicular cancer," says Pham. Even BPA-free plastics could release substances that can have negative effects, so it's best to avoid microwaving *any* plastic container, says Jennifer Lowry, M.D., a medical toxicologist at Children's Mercy Hospitals and Clinics in Kansas City, MO. All of our experts agree: Heat food or drink in glass or ceramic.



4

Flea and tick collars.

Adults who play with a cat or dog while it's wearing a flea and tick collar are exposed to up to 500 times the Environmental Protection Agency's safe level of pesticides, according to a first-of-its-kind study by scientists at the Natural Resources Defense Council. For children, the levels can be 1,000 times higher than what's safe. The worst are collars containing chemicals called (get ready for a mouthful) propoxur or tetrachlorvinphos, which kill pests by disrupting their nerve pathways. Four out of five top-selling brands we shopped for contained one of these, so check labels. Luckily there are other effective pest-killing options. "Pills that pets take internally seem to be safer," says Jerome Paulson, M.D., chair of the American Academy of Pediatrics council on environmental health. Two common brands are Capstar and Program, which you can get for between \$20 and \$60 online or from your vet. (For other—cheaper!—suggestions, go to greenpaws.org.)

Keep your humidifier
mold-free!



5

Constantly running a humidifier.

Those little steam machines can be a lifesaver for parents with a stuffed-up kid who can't sleep, but using them too often might make things worse. A study by the New York State Department of Health found that one of the biggest predictors of whether children developed asthma was the frequent use of a humidifier at home. "Too much moisture promotes mold and dust mite growth," which could be a problem for the whole family, explains Morris Nejat, M.D., a pediatrician and allergist in New York City.

Continued on page 78 ►

Do any of these overactive bladder symptoms sound familiar?



Once I get the sudden urge to go to the bathroom, I can't wait.

YES NO



Sometimes my bladder symptoms get in the way of things I like to do.

YES NO

I worry I might accidentally leak and sometimes wear pads.

YES NO



I've had enough, and I'm ready to do something about my urges and leaks.

YES NO



If you answered "YES" to any of these, talk to your doctor about your symptoms and whether or not VESIcare may be right for you.

Only your doctor can determine if you have overactive bladder. Once-daily VESIcare is proven to treat overactive bladder with symptoms of frequent urges and leaks.* That's because it can help control your bladder muscle, day and night. So ask your doctor about taking care with VESIcare.

*Results may vary.

USE AND DOSE

VESIcare is for overactive bladder with symptoms of urgency, frequency, and leakage. The recommended dose of VESIcare is 5 mg once daily. If the 5-mg dose is well tolerated, your doctor may increase the dose to 10 mg once daily.

IMPORTANT SAFETY INFORMATION

VESIcare is not for everyone. If you have certain stomach or glaucoma problems, or trouble emptying your bladder, do not take VESIcare. VESIcare may cause allergic reactions that may be serious. If you experience swelling of the face, lips, throat or tongue, stop taking VESIcare and get emergency help. Tell your doctor right away if you have severe abdominal pain, or become constipated for three or more days. VESIcare may cause blurred vision, so use caution while driving or doing unsafe tasks. Common side effects are dry mouth, constipation, and indigestion.

Please see Important Patient Information on the following page.

FIRST 30-DAY PRESCRIPTION FREE[†]
at vesicare.com, or call (800) 403-6565.

[†]Subject to eligibility. Restrictions may apply.

To learn about financial assistance programs for VESIcare,
please call Astellas Reimbursement Services at 1-800-477-6472
or go to www.astellasreimbursement.com
011K-051-4637-1



Take care with
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(solifenacine succinate)
tablets

You are encouraged to report negative
side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.



Brief Summary based on FDA Approved Patient Labeling

VESIcare® (VES-ih-care) (solifenacine succinate) tablets

Read the Patient Information that comes with VESIcare before you start taking it and each time you get a refill. There may be new information. This summary does not take the place of talking with your doctor about your medical condition or treatment.

What is VESIcare?

VESIcare is a prescription medicine for **adults** used as treatment for symptoms of a condition called

overactive bladder:

- Urgency: a strong need to urinate right away
- Leakage: leaking or wetting accidents—also called “urinary incontinence”
- Frequency: urinating often

It is not known if VESIcare is safe and effective in children.

What is overactive bladder?

Overactive bladder occurs when you cannot control your bladder contractions. When these muscle contractions happen too often, or cannot be controlled, you can get symptoms of overactive bladder, which are urinary frequency, urinary urgency, and urinary incontinence (leakage).

Who should NOT take VESIcare?

Do not take VESIcare if you:

- are unable to empty your bladder (urinary retention)
- have delayed or slow emptying of your stomach (gastric retention)
- have an eye problem called “uncontrolled narrow-angle glaucoma”
- are allergic to solifenacine succinate or any of the ingredients in VESIcare.

What should I tell my doctor?

Before taking VESIcare, tell your doctor if you:

- have any stomach or intestinal problems or problems with constipation
- have trouble emptying your bladder or you have a weak urine stream
- have an eye problem called “narrow-angle glaucoma”
- have kidney or liver problems
- have a rare heart problem called “QT prolongation”
- are pregnant or plan to become pregnant. It is not known if VESIcare will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if VESIcare passes into your breast milk. You and your doctor should decide if you will take VESIcare OR breastfeed.

Tell your doctor about all the medicines and supplements you take.

This includes prescription and nonprescription medicines, vitamins, and herbal supplements. VESIcare may affect the way other medicines work, and other medicines may affect how VESIcare works.

How should I take VESIcare?

Take VESIcare exactly as your doctor tells you to take it.

- Take 1 VESIcare tablet 1 time a day.
- Take VESIcare with water and **swallow the tablet whole**.
- You can take VESIcare with or without food.
- If you miss a dose of VESIcare, begin taking VESIcare again the next day. Do not take 2 doses of VESIcare the same day.
- If you take too much VESIcare, call your doctor or go to the nearest hospital emergency room right away.

What should I avoid while taking VESIcare?

VESIcare can cause blurred vision or drowsiness. Do not drive or operate heavy machinery until you know how VESIcare affects you.

What are the possible side effects of VESIcare?

VESIcare may cause serious side effects including:

- **Serious allergic reaction.** Stop taking VESIcare and get medical help right away if you have:
 - hives, skin rash or swelling
 - severe itching
 - swelling of your face, mouth or tongue
 - trouble breathing

The **most common side effects** of VESIcare include:

- dry mouth
- constipation. Call your doctor if you get severe stomach area (abdominal) pain or become constipated for 3 or more days.
- urinary tract infection
- blurred vision
- heat exhaustion or heat stroke. This can happen when VESIcare is used in hot environments. Symptoms may include:
 - decreased sweating
 - dizziness
 - tiredness
 - nausea
 - increase in body temperature

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of VESIcare. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

How should I store VESIcare?

- Keep the bottle closed.
- Store VESIcare at 59°F to 86°F (15°C to 30°C).
- Safely throw away medicine that is out of date or that you no longer need.

Keep VESIcare and all medicines out of the reach of children.

General information about VESIcare.

Medicines are sometimes prescribed for purposes other than those listed in the Patient Information. Do not use VESIcare for a condition for which it was not prescribed. Do not give VESIcare to other people, even if they have the same symptoms you have. It may harm them.

This is a summary of the most important information about VESIcare. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about VESIcare that is written for health professionals.

For more information, visit www.vesicare.com or call (800) 727-7003.

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HEALTHY YOU



6 Certain antibacterial soaps and toothpastes. Triclosan is a germ killer found in a lot of antibacterial hand soaps, body washes, and even some brand-name cavity-control toothpastes. But the American Medical Association recommends *against* the use of triclosan in our homes, because it may encourage the development of scary bacteria that are resistant to antibiotics. (For more on superbugs, read our in-depth report on page 148.) "Studies have shown that these triclosan products don't work any better than regular cleansers or toothpastes, but they damage the environment and potentially place our long-term health at risk," says Susan Shaw, Ph.D., an environmental scientist at the State University of New York, Albany. Not sure whether triclosan lurks in your favorite products? Just check the labels.

7 X-ray airport scanners. You know those "backscatter" full-body X-ray machines at airport security gates? Europe banned them several months ago because of health concerns, but the machines are still in use in some airports in the States. The Transportation Security Administration (TSA) says the amount of radiation emitted by each scan is minuscule, but independent research suggests the dose to some parts of the body is at least 45 times higher than the TSA claims and may even increase cancer risk, particularly for the elderly and women predisposed to breast cancer. Since you're already going to be exposed to radiation by flying, avoid the extra rays and ask for a pat-down, says John Sedat, Ph.D., a professor emeritus at the University of California, San Francisco.

8 **Colon “cleansing.”** Celebs may swear by this kind of thing, but colonics and colon-cleansing pills could be dangerous, our experts said. The intestines are self-cleaning, so unless you’re getting a colonoscopy, there’s no reason to sweep the whole thing out, says gastroenterologist Lisa Ganjhu. The pills are poorly regulated and could make you laxative-dependent, she says; colonic enemas carry a risk of intestinal perforation, which requires surgery to fix. To keep your digestive system working smoothly, says Ganjhu, stay hydrated; eat lots of fruits, veggies, and whole grains; and exercise. If you regularly have gas or constipation, a probiotic supplement may help by adding more healthy bacteria to your gut.



ERIK DREYER/GETTY IMAGES.

9 **Ready-to-feed
canned baby
formula.**

Bisphenol A (BPA) isn’t only found in plastic—it’s also used to line the inside of cans to keep bacteria out. And according to tests conducted by the nonprofit Environmental Working Group, one of the foods that

ends up most contaminated with BPA is canned liquid infant formula. (Powdered formula, on the other hand, contains almost no traces of BPA from its packaging.) If you must use liquid canned or bottled formula, make sure not to warm it up in its original container, the U.S. Department of Health and Human Services recommends.

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INTIMATE ANSWERS



Wondering what the heck is going on down there? Ob/gyn Hilda Hutcherson, M.D., is your expert on lady business.

Hilda Hutcherson, M.D., is an ob/gyn and a professor at Columbia University in New York City. Email her at askhilda@redbookmag.com.

Q I recently got into a dispute with my ob/gyn over a fee. I'm worried she won't take care of me the same way now. Should I find a new doc?

A I doubt your ob/gyn would hold a grudge against you because of a fee. However, your relationship with your gynecologist should always feel comfortable, and you need to be confident that she's providing the highest level of care. Can you continue to be open with her about the most intimate details of your life? This is about your health, and there is simply no room for withholding information from her. So unless *you* can get over what happened, it's time to find a new gynecologist.

CASE HISTORY

HER HUSBAND'S SEMEN STUNG LIKE A BEE!

A patient recently came to see me because she and her husband were trying to get pregnant, and since they had stopped using condoms, something really weird was happening: She'd get a burning, stinging sensation in her vagina after they had sex. I performed an exam that ruled out common causes like vaginal dryness and infection, and became suspicious that she was allergic to a protein in her husband's semen. I referred her

to an allergist, who confirmed the diagnosis. Although not terribly common, semen allergies do occur, and they can cause itching and swelling of the vagina. But, believe it or not, you can build up a tolerance by having a doctor give you allergy shots using small amounts of the protein in your husband's semen, to help desensitize you. After six months of shots, my patient was able to have pain-free sex.



Q I'm pregnant with my first child, and am considering giving birth at home. Is it safe?

A It can be—and I understand the appeal of giving birth in your home, in familiar and comfortable surroundings, with the ability to move around from room to room and have any number of your family members present. While most home births go perfectly well, just the way nature designed, there *can* be complications—and they're often unpredictable. That's why it's important to find a licensed midwife with plenty of experience who carries all the appropriate supplies and has a written agreement with an ob/gyn or nearby hospital that's willing to provide backup during your labor in case of an emergency. (If you don't live near a hospital, I would recommend against home birth.) Another option you might consider: a birthing center. Most offer a home-like environment (you can even deliver your baby in a tub!) and a midwife assists in the labor, but you also have access to on-site physicians in case a medical intervention is needed. Of course, any woman whose pregnancy is considered high-risk should give birth in a hospital. It's always better to be safe than to be comfy.



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"We got our bride bodies back!"

They fell in love. They got married. They gained some weight. Hey, it happens. But a few short months ago, these readers joined REDBOOK's Wedding Dress Challenge and lost it all. Get inspired by our 12 incredible shrinking women—and one brave guy. By Betsy Stephens

As magazine editors, we've attempted group fitness challenges before. A few of the most motivated women usually have success, while others lose much less or drop out. We can honestly say we've never seen results like this. Every featured participant in our four-month Wedding Dress Challenge met her goal to fit back into her wedding dress—in fact, at the final photo shoot we had to take *in* three of the

dresses. What made the difference? Having a tangible, *reasonable* goal. At some point in their adult lives, these women had fit into those white gowns—and they gave themselves plenty of time to get back there. Following in their footsteps is simple: Pick something you were able to wear at a "happy" weight, take some of our ladies' real-world advice, then go to redbookmag.com/wdc to get the same tools that helped them!

Photographed by Ari Michelson

REDBOOKMAG.COM 85

HEALTH READ



BEFORE

Marcella Wilson, 40

Lost 18 pounds

WHAT WORKED:
Making healthy food swaps; exercising five days a week

"Doing a DVD like Ramona Braganza's 3-2-1 Method first thing in the morning gets my spirit up. I also love running with my iPod, letting my mind wander as I listen to music. For my diet, I limited carbs to one serving a day. I'm an ice cream addict, but I traded it for Greek yogurt with honey, and I love it!"



18 lbs.



James Balducci, 35

Lost 27 pounds

WHAT WORKED: Hitting the gym five days a week; eating smaller portions

"I have so much energy after a workout—that's what keeps me waking up at 5:20 a.m. to exercise before work. Portion control was the hardest part for me—I used to think nothing of having a few slices of pizza for a snack! Now I have yogurt instead. I like being a healthier role model for my daughter."



BEFORE

Heather Bennett, 38

Lost 21 pounds

WHAT WORKED:
Enlisting support; eating fewer carbs

"When I tried to lose weight before, I kept it a secret. This time, I told everyone: my husband, my coworkers, my babysitter. I needed their support as much as I needed my nutritionist and trainer at Gold's Gym. I cut down on pasta and wine, but I didn't eliminate them. Hey, I'm in a wine-of-the-month club!"



Patricia Potts, 45

Lost 21 pounds

WHAT WORKED:
Working out four times a week; cutting down on sugar

"It can be hard to find the time to exercise, sure, but I've learned there are ways to sneak it in: I take the stairs at work instead of the elevator, I'll do calf lifts while I'm waiting in line at the grocery store. I keep a set of dumbbells on my desk, and I'll do some biceps curls while I'm checking email. I made changes to my diet, too: I used to sweeten my tea with six packets of sugar! I dropped a packet a week until I was down to one. I've also cut down portions for my family—except for whole veggies."



**Christine
Saenz, 38**

Lost 20 pounds

WHAT WORKED: Eating breakfast; cardio and strength training two to three times each a week

"It may sound funny, but the key to my weight loss has been eating regularly, and more of the right foods. Before the Wedding Dress Challenge, I wouldn't eat anything until 3, then I'd grab a bagel. My husband kept telling me I needed to eat, but I wouldn't listen; I had to hear it from the challenge nutritionist, Stephanie Middleberg!"

"It turns out that not eating can slow your metabolism—who knew?"



Elsa Córdoba, 32

Lost 18 pounds

WHAT WORKED: Weight Watchers; hitting Zumba classes or the gym three times a week

"I'd tried to diet before, eating all sorts of stuff I thought I should be eating and never feeling satisfied, and I was unsuccessful. So I decided to try Weight Watchers. The best part about it was that I could still eat all the things I like, even my favorite food in the world—fried plantains—as long as I counted it toward my 'points' for the day. Little by little, the weight came off. My wedding dress is actually too big!"

**Brooke
McDonald, 41**

Lost 16 pounds

WHAT WORKED: Strength training twice a week; running three times a week; paying attention to food choices

"I discovered that not letting myself get too hungry is key, especially since when I'm starving all I reach for is sugar. I've become a lot more conscious about what I eat. I have a busy life with marriage, little kids, work. But if one day doesn't go so well, I try again the next."



Alisa Laventure, 34

Lost 21 pounds

WHAT WORKED: Walking 30 minutes a day; weight and interval training three to five days a week; making healthy food choices

"I didn't diet, but I began watching my portions and walking every morning. Once the weight started coming off, I began to feel more confidence in my body, and it snowballed. Today I have a deeper sense of pride and self-esteem."



HEALTH READ



BEFORE

Savannah Stevenson, 35

Lost 21 pounds

WHAT WORKED: Running to work five days a week; eating mostly gluten-free

"Before becoming a mom, I could eat whatever I wanted and tell myself, 'I'll run 10 miles later to burn it off.' Not possible with a new baby and a demanding job! I cut back on gluten: foods like cake and bread. And I learned that exercise doesn't need to be Herculean, just consistent."

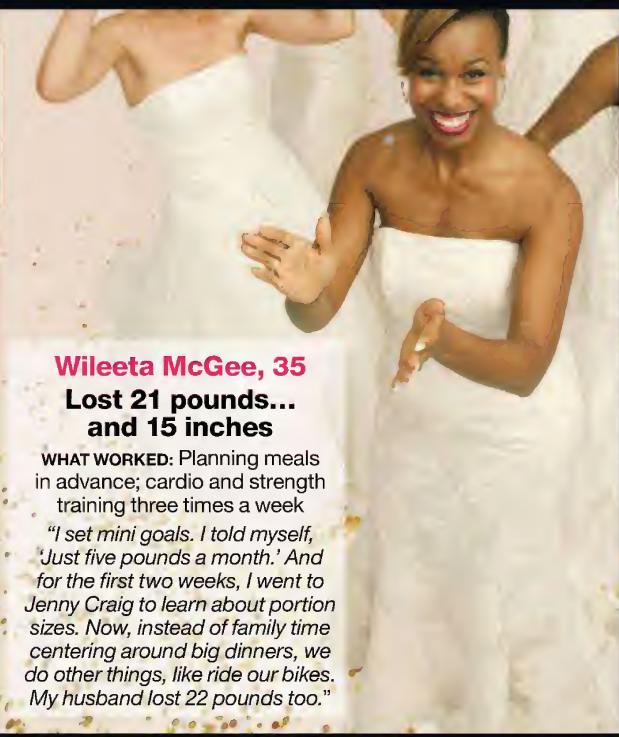


Shira Paletz Schulman, 36

Lost 17 pounds

WHAT WORKED: Scheduling workouts in advance; cutting out refined carbs

"I couldn't just assume I'd get my workouts in; I had to schedule them. My husband and I sit down on Sunday nights and look at the week ahead. Eating less and cutting down on carbs was also key. I haven't been this weight since college!"



Wileeta McGee, 35

Lost 21 pounds... and 15 inches

WHAT WORKED: Planning meals in advance; cardio and strength training three times a week

"I set mini goals. I told myself, 'Just five pounds a month.' And for the first two weeks, I went to Jenny Craig to learn about portion sizes. Now, instead of family time centering around big dinners, we do other things, like ride our bikes. My husband lost 22 pounds too."



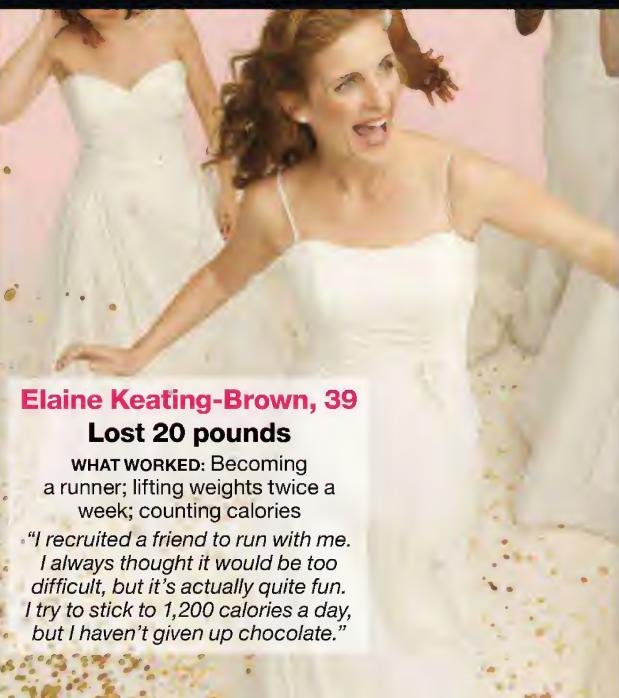
BEFORE

Lisa Barksdale, 42

Lost 33 pounds (and went from size 14 to 10!)

WHAT WORKED: Working out six days a week; logging every bite

"Keeping a food diary was key. If my scale wasn't budging, I could look back at what I'd eaten that week and make tweaks accordingly. When I want to splurge, I ask myself: Is it worth it? I still have sweets sometimes, but now I know that just a bite can satisfy me. I also found out that the number on the scale isn't everything. I'm still about 15 pounds away from my goal weight, but I feel amazing!"



Elaine Keating-Brown, 39

Lost 20 pounds

WHAT WORKED: Becoming a runner; lifting weights twice a week; counting calories

"I recruited a friend to run with me. I always thought it would be too difficult, but it's actually quite fun. I try to stick to 1,200 calories a day, but I haven't given up chocolate."

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Follow the Slim-Fast plan and exercise daily. Losing more than two pounds per week is not recommended.



FACT: Half of all Americans who lose weight gain at least some of it back within a year, according to research published in the *International Journal of Obesity*. As the novelty of weight loss fades, so can the motivation to walk past your coworker's candy jar without reaching a hand in. But remember this: It's a lot easier to keep the weight off than it is to lose it all over again. And maintaining your slimmer shape is very possible—if you adopt these simple habits.



How to keep your bride body for GOOD

1: Step on the scale regularly.

When weight comes back, it creeps up on you so slowly—one or two pounds at a time—that you might not even notice. J. Graham Thomas, Ph.D., a researcher for the National Weight Control Registry, which tracks 10,000 people who have maintained a weight loss of 30 pounds or more, suggests regular weigh-ins to catch a slip. Wedding Dress Challenger Lisa Barksdale said getting on the scale every morning showed her how different foods affect her body: "I had just a little fried calamari one night, and when I weighed in a couple days later, I was up a pound!" One to three pounds could be attributed to water weight, says Thomas, but if you see a fluctuation of four pounds or more, get back on track by keeping a food journal for a few weeks and following some smart eating guidelines—like the ones from registered dietitian Stephanie Middleberg at redbookmag.com/wdc.

2: Keep moving. It's incredibly simple: If you stop exercising, you could find yourself right back where you started, says Thomas: "Getting regular exercise is one of the most well-known findings of the National Weight Control Registry. Ninety percent of the members exercise, working out for an average of an hour a day. The way most of them choose to do this is

brisk walking." Thomas says many registry members split it up 20 minutes at a time.

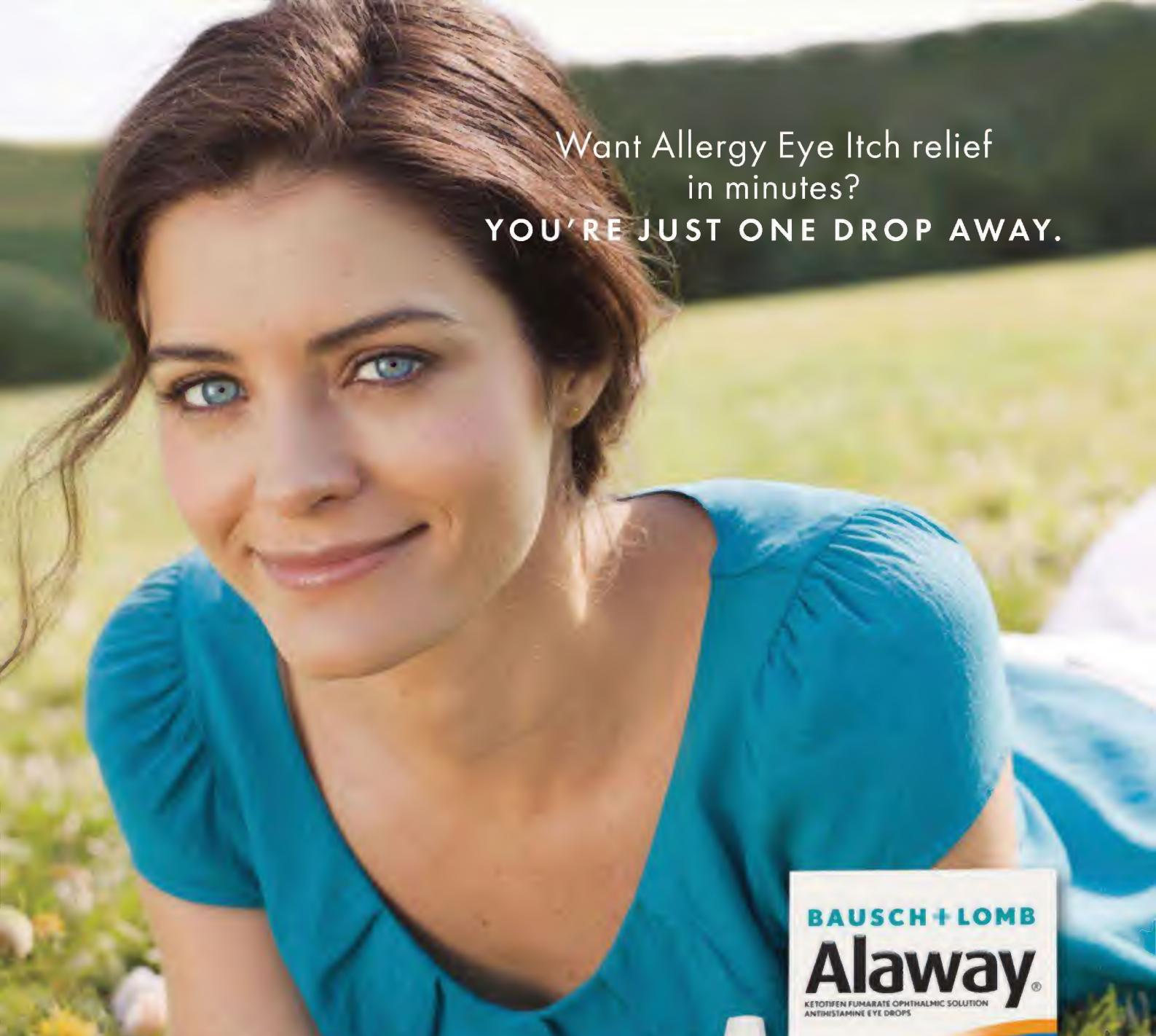
3: Eat breakfast. More than 75 percent of National Weight Control Registry members start their day with breakfast. "The idea is that they are spreading their calories throughout the day," says Thomas. "If you don't eat all day and you have your first meal when you're starving, you're likely to eat way too much." Stick with a schedule of eating five times a day—three moderate meals and two reasonable snacks.

4: Be honest with yourself.

That starts with identifying which foods you can't help overeating, says Bonnie Matthews, who blogs about her 120-pound weight loss as a "Wellness Warrior" for *The Dr. Oz Show*. Bonnie calls these "never never foods" (at the top of that list for her is pizza). "I keep them out of my life," she says. If you don't want to go that far, at least keep them out of the house.

5: Celebrate maintenance milestones. Once you reach your goal weight, your mind-set can quickly change from positive ("Yay, I'm losing!") to negative ("I'd better not gain it back"), Thomas says. Find ways to make *maintenance* thrilling: Promise yourself prizes for keeping the pounds off. Think new bikini, second honeymoon, whatever—but maybe not another wedding cake!

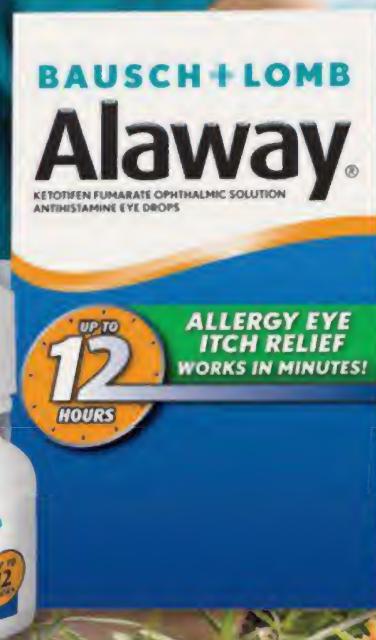
For more befores and afters of all the women here, plus video of their "How I did it" secrets, go to redbookmag.com/wdc.



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MEN, LOVE & FAMILY

HONEST TALK ABOUT RELATIONSHIPS

TELL THE TRUTH:

Who is your couple inspiration?

© 1978 DAVID SUTTON/MPTVIMAGES.COM. COUPLES, FROM TOP: BRIAN KENNEDY, COURTESY OF SUBJECTS, BRIAN KENNEDY.

"My parents are best friends and have been married for 38 years. I grew up watching that, and try to mimic their success."
—LENNISSE SOLIS, 32, married to RAFAEL for 6 years



"Lily and Marshall on How I Met Your Mother. They're always on the same team no matter what, and also never take themselves too seriously." —GARY SHALLER, 36, married to ESME for 8 years



"Tim McGraw and Faith Hill both have amazing careers but are always making sacrifices for the benefit of their family." —ERIN KEITH, 22, dating BRYTON for 2 years

Our Oscar for most devoted Hollywood couple goes to Paul Newman and Joanne Woodward, who were married for 50 years

"My grandparents. After 60 years, he still brings her coffee in the morning, and she makes him dinner every night, even if she's already eaten with friends."

—JEN FISHER, 37, married to ERIC for 15 years

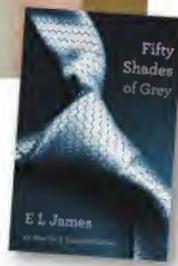


"Our friends Jenna and Jonno, who introduced us. It's so easy to get angry and hold grudges, but they talk everything through right away. I really admire that!"
—LAURA MCGUIGAN, 25, dating CHAY for 8 months



What's the deal with *Fifty Shades of Grey*?

Despite (or maybe because of) its S&M-laced sex scenes, the erotic-lit hit *Fifty Shades of Grey* has become a *New York Times* best seller. Who's downloading? Mostly "conventional" suburban moms. There are lots of racy books out there, so why did this one trigger a stampede? And how does a story about being dominated *not* set the women's movement back a few decades? Three brainy experts explain.



The psychologist says: "Fifty Shades of Grey plays into the desire to not have to deal with all of life's demands. Moms today have a tall order: They need to be sexy, successful, smart, and eternally young. At the end of a long week of work, soccer games, kids' tantrums, and household issues, a woman can dream about getting tied up and having a moment that's just about pleasure. Perhaps a break from the multitasking is the ultimate fantasy." —DR. RAMANI DURVASULA, professor of psychology, California State University, Los Angeles

The sex therapist says: "Some women may be genuinely intrigued by the idea of trying handcuffs or playful spanking, but often the most arousing fantasies are the antithesis of what we want in real life. And anything that gets women talking about sex and letting go of shame is good." —DR. LAURA BERMAN, sex and relationship therapist

The women's-studies expert says: "Just by reading this novel, some women may experience the thrill of taking on something new, taboo, and adventurous. They're saying, 'I'm going to read this, dammit, and I'm going to tell people if I like it.' That feels empowering." —JERILYN FISHER, professor of women's and gender studies, City University of New York

Love life road test

MAKE A LOVE-SONG PLAYLIST

Remember mix tapes? These two couples dug up their old favorite songs, hit play, and laughed as they listened.

Couple #1: S.D. and S.S., Springfield, MO

"We threw on CDs of our wedding music—Mariah Carey, 98 Degrees, the Eagles—and that special feeling came right back, even though we were just sitting around. Even our 5-month-old thought it was fun and started 'singing' along. We'll definitely do this again."

Rating: Awww! ❤️❤️❤️

Couple #2: A.H. and J.H., Milton, FL

"We played some Gordon Lightfoot and laughed about the time we saw him live in a small venue and one of his songs was accompanied by the sound of the bartender loudly shaking my appletini. My husband said, 'You'd better enjoy that, because Gordon is *not*.'"

Rating: Awww! ❤️❤️❤️



Our weird couple celebration

Do you sheepishly mark the anniversary of your first kiss? That's nothing—we found a pair that celebrates "Collard Greens Day," and it gets even stranger...



"Before I cooked for my husband for the first time, I asked what his favorite vegetable was and he said collard greens. I didn't realize he was kidding! He was shocked to see them on the table but ended up loving them, so I make them once a year to relive that kooky time. He always says the same thing: 'Collard greens! I love collard greens!'"

—GAIL LEICHT, Mahwah, NJ

"We invented Kerrot Day, which we celebrate on July 27—my favorite month, and Jerrod's favorite day. Then we combined our first names and called it a holiday, so we would have a day besides our anniversary that's just for us."

—KERSTIN VANZANTEN, Temecula, CA

"On our first date, we went to a ridiculous show called 'Point Break Live' where they acted out the movie on stage. Now every time the movie is on TV, we always watch some of it."

—KATHLEEN BAXTER, Brooklyn, NY

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A month of no nagging

Taffy Brodesser-Akner prefers to call it *helpful suggesting* or *aggressive reminding*. Whatever. Here's what happened when she stopped.

Every few weeks, I make the time to talk to my husband, quietly and patiently, about the towel situation, which is this: Whenever he bathes our son, he uses a new towel. He takes it from the linen closet, dries the boy, and puts it on the hook behind our son's door. Instead of reaching for this barely used towel after the next bath, he takes a new one, which he then hangs on top of the previous ones.

When I talk to him about it, I outline exactly why this makes me so frustrated and ask clearly and lovingly for what I need: For him to remember to bring a towel from our son's bedroom to the bath so there will always be enough clean towels for the rest of us, and we can do laundry less often, which will save us time and money.

Each time we talk, he agrees to my request. So why, when he is caught not doing the very thing he has agreed to do, am I greeted not with an appropriate word like *sorry*, but with a horrible, totally inaccurate word like *nag*? I don't think I nag. I remind! I suggest!

Let's remember, too, that nagging is inherently a chauvinistic word, used for women but never for men. My husband argues that this is because men don't do it. I say it's because women comply with requests the first time.

Yet... I hear myself—reminding, suggesting—and wonder, *When did I become this person?* Because just between

us, I can admit it: I do nag. It's the simple request to take pictures of the kids more often so the burden isn't on me. It's the frustrated plea to put the medicine away out of the reach of the children, and so we know where it is when we're awakened by a baby with a fever. It's a gentle reminder to hit *SAVE* so I don't have to hear middle-of-the-night cursing as my husband's 2,000-word document disappears into the ether. It's the little things I need help with, the small tasks so innumerable that they'll never get done, if not with some assistance.

Don't get me wrong—my husband can be excellent at anticipating my needs. He often wakes up early to make a family dinner so that all I have to do is reheat it 12 hours later. But the needs he hasn't anticipated, the ones I have to ask for, seem impossible for him to meet.

Maybe the asking itself is the problem. Every interaction between two people has two dimensions, according to Deborah Tannen, a linguistics professor at Georgetown University and the author of *You Just Don't Understand: Women and Men in Conversation*. One dimension: Is this interaction bringing us closer together or pushing us farther apart? More aptly, the other is: Who's in a one-up or one-down position? "Those who have studied kids at play have observed that boys' groups are more obviously hierarchical," Tannen says. "If you tell someone to

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do something and he obliges, your status is up. If you take orders, your status is low." So that means when I ask my husband to do something, he might perceive that he's being taken down a notch. I'm not sure what to do with this, and Tannen doesn't offer me anything beyond telling me to bite my tongue. But at least I have one theory as to why an intelligent, liberal-minded man is so stubbornly refusing to honor the tiny wishes of the wife he loves.

"The laws of logic don't apply to nagging," says economics journalist Paula Szuchman, coauthor of *It's Not You, It's the Dishes*. "You think saying something over and over will motivate the person to do it. But if you're just nagging me and I don't feel any reward for doing it, the only reward is not being nagged. Is that really a reward?"

Szuchman advises me to trust that my husband knows what I want and to wait for it to happen: "People are motivated by trust. If they feel trusted, they're more likely to do something."

But I already have empirical proof that if I do nothing, it won't get done. This is how we got here! Szuchman points out that I don't have proof that isn't book-ended by nagging.

So I'm just supposed to wait?

"I know," says Szuchman, who is also married. "It's absurd."

When I share my bathtime saga with Eric E. McCollum, Ph.D., a professor of marriage and family therapy at Virginia Tech, he concludes that I'm not really asking for help with the towels. "Sometimes nagging is a behavioral attempt to approach an emotional problem," he says. "The changes we're asking for may be justified—it makes sense not to use a new towel every day—but the underlying emotional issue is that we want to establish a connection and make clear our importance in our partner's lives."

In other words, what I really want is for what I say to mean enough to my husband for him to listen. I'm skeptical. My husband and I are very close: We laugh together, talk all the time, and agree on most issues, big and small, including that we'd both like a cleaner house. I pride myself on straightforward communication. (I write personal essays for a living—I'm good at this!) But McCollum says there's a subtext to my requests. "You're saying, 'Show me that I'm worth paying attention to,'" he explains. The problem with that? "Asking for closeness by complaining is not particularly useful. Reformulate those requests," he advises. "Say, 'I need to know that I matter around this issue.'"

So I have three mandates: Bite my tongue (from linguist Tannen), ask once and don't repeat (from economics writer Szuchman), and say what I really mean (from therapist McCollum). Two of the experts think I should shut up, and the third wants me to dig deep for my real issues. No one suggests that I continue to needle my husband indefinitely.

I decide to start over and learn how to communicate effectively in order to—let's be honest—get what I want. The rules: For 30 days, I won't ask for anything I've already asked for. I won't remind my husband what needs doing or what he has agreed to do. I will not look disappointed when things don't go the way I wanted. Hopefully, I will triumph in the end. I tell him my plan. He smiles. "I am 100 percent behind this," he says.



I cannot stop commenting on my husband's behavior: the way he eats, the way he drives, the way he's always late.

In a forced-chipper tone of voice, I say, "It's just as easy to get the towel from behind the door as it is to get a new one."

He looks confused. I explain, again, what he has agreed to do. He shrugs. It occurs to me that he could be one of those guys who seems forgetful but has actually had a series of strokes that have gone unnoticed. I mention this.

"I never get tired of talking about towels," he says. So he does remember.

Day 13

I'm thinking about what McCollum, the family therapist, said: that my nagging isn't about nagging, it's about mattering. Hmm. My husband and I both work, but I'm the

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JUST YOU TWO

one who rushes home so our sitter can leave; I'm the one who cancels meetings to go to a party at my son's school. My husband respects that I work, and appreciates it. But maybe I'd also like a show of understanding that the burden for the house and kids is on me. Maybe I'm just grumpy, and a little bit bitter. Would I care so much about the damn towels if I didn't feel this way? Probably not.

Day 15

I decide to stop caring about the towels. But a barrage of other criticisms come to the surface. For three days straight, I cannot stop commenting on my husband's behavior: the way he eats, the way he drives, the way he's always late. I am out of control.

Day 18

Apparently, I'm not over the towel thing. It doesn't bother me as much as it did before—how could it, when I have so much else to criticize?—but when I notice it, I decide (perhaps passive-aggressively) to use McCollum's advice. "I don't understand why you won't stop using towels like they're tissues," I say. "I need to know that I matter enough for you to try to change this. Isn't my time important? Doesn't it matter to you?" He says of course my time matters, that he'll try harder. That's something, right?

Day 23

Weighing all the advice I've received, it occurs to me that marriages, even when they're equal, are not perfectly so. And that's when it hits me: The only way to stop nagging someone is to stop nagging them. McCollum was probably right about my intentions, but I think Tannen and Szuchman were right when they said I should just keep my mouth shut. Then something else occurs to me that I never really forgot but hadn't necessarily remembered, either: I love my husband.

When I remember that, I remember that our relationship is not about our house, or our kids, or towels, or bills, or commutes. It's about two people who ultimately want to make each other happy. Why does he bathe our son? So I won't have to. The next time he undresses him, I take the towel from behind the door and set it in the bathroom. He looks up at me. His eyes crinkle nicely at the corners—something I noticed the night we met. "Thank you," he says.

Once I saw
 what was in it
 for me—
freedom
 from anger,
 hurt, and
 frustration—
 it got **easier** to
 let things go.

Day 30

I was supposed to not nag my husband for 30 days. Instead, it took 30 days to learn how to *stop*. (In case you missed it: Stop nagging by no longer nagging. Seriously, swallow it. Walk away if you have to. Cover your mouth with your hand. Burst into song. Try it—really.)

Day 90

I don't nag anymore, not really. I thought this was a story about how to get my husband to do things without having to repeat myself, but it's actually a story about the push-pull of our intentions and our impulses: a clean and orderly house, yes, but at what cost? And really, it's a story about facing our own hang-ups. I learned that even my passive aggression has passive aggression. But once I saw what was in it for me—freedom from anger, hurt, and frustration—it got easier to let things go. Now when I ask for something, I ask once, and I am sure it's something I really need done and not the symbol of something I need done. Truly.

Day 95

Over dinner with friends, someone asks what I'm working on. I tell her I'm finishing a story on not nagging my husband for 30 days. With utter sincerity, my husband looks up and says, "Right. When does that start, by the way?" ®



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KEVIN AT A GLANCE

Where you'll find him:



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His first big adventure:

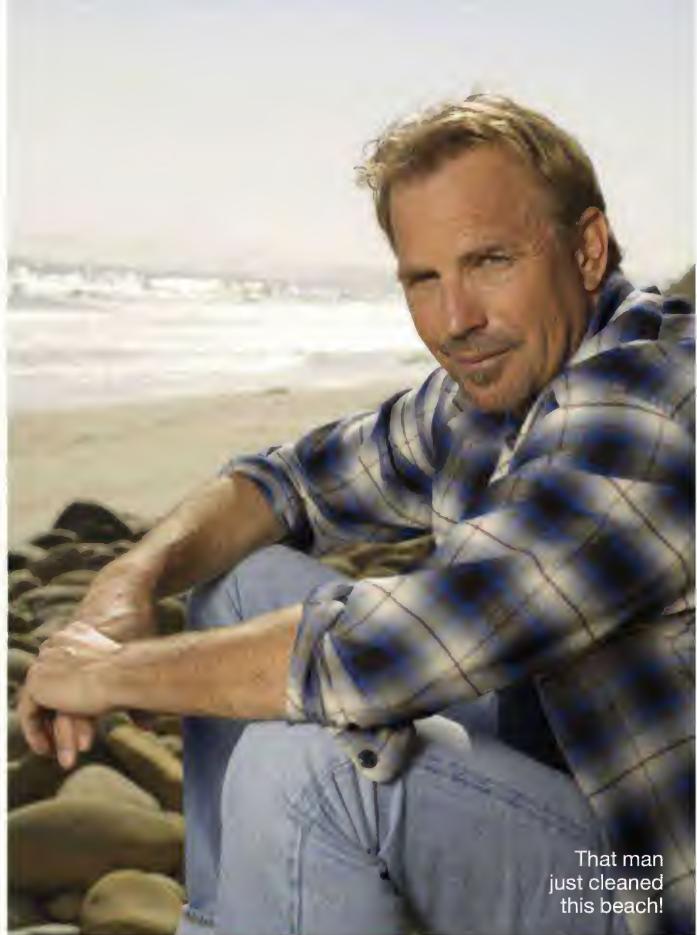


CANOEING
“I built a canoe and traveled down rivers like Lewis and Clark. I still have the canoe!”

Side gig:



HIS BAND, MODERN WEST
“There’s real drama in performing live. You never know how it’s going to be.”



That man just cleaned this beach!

You’re finally back in the saddle, for your new TV miniseries *Hatfields & McCoys*. What took you so long?

I wait and take on projects that I think can work. I did that with *Dances With Wolves* and *Field of Dreams*—no studio wanted them, but I believed in them. But I’m not much of a businessman. I never had that sense of, “If I do this, am I going to make money?” Like when I was watching the [1989 Exxon Valdez] oil spill disaster and thought, *If I could figure out how to get oil out of water, wouldn’t that be great? Okay, stop. How did you, an actor, develop a machine that helps to clean up oil spills?*

I stared at my TV, and every time I saw that oil lapping up on the shore in Alaska, I thought, *Why are we not able to fix this?* Then I saw something the size of a drinking glass separate oil from water and thought, *What if that could work on a much bigger scale?* And it did. Then, after the spill in the Gulf of Mexico, BP used it. Now my daughter Annie works for my Blue Planet Water Solutions in Brazil.

Have you always been a Renaissance man?
I’m more of an entrepreneurial risk-taker.
Back to your acting career: What is it about Westerns that attracts you?

I’m fascinated with that period of time. You had to be vicious, and you had to decide—often very quickly—how you were going to handle things. When I do a Western, I often wonder

what I would have really done in that situation. **Speaking of trying times, how hard was it for you to speak at Whitney Houston’s funeral?** It’s not my instinct to be on TV when a tragedy occurs, but Dionne [Warwick] asked me to speak, and I said, “Of course.” Then I thought, *Oh, my God!* I didn’t want to do a sound bite or short introduction. I had a unique story to tell. **Which was...?**

That Whitney was an unexpected choice for the role [in *The Bodyguard*]. She was on tour, so we had to wait a whole year for her to be ready. And then I had to convince her that she was good enough for the part. But instinctively, she felt right to me. And she made our movie better. We had that great kiss, and people stopped looking at love stories as black or white.

How do you and your real-life leading lady, Christine Baumgartner, have time for each other when you have seven kids?

Well, three of my kids are grown up, from my first marriage. But when you’ve got three kids who are 5 and under, every time you have a plan, it falls apart. So usually, we look at each other and say, “We need to go to dinner.” These days, that’s pretty much the most we get.

You two met on a fairway. You’re famous for golfing a lot, right?

Ha! That’s a myth. Five hours on a golf course just doesn’t fit with small children. —MARISA FOX

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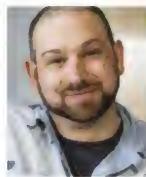
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How to not hate your in-laws

You might even love them if you follow Aaron Traister's advice: Keep your mouth shut, your glass full, and your focus on the person who brought you together.



REDBOOK columnist Aaron Traister lives in Philadelphia with his wife and two kids. Read his blog at redbookmag.com/whysguy.

I'm a liberal guy from the Northeast, and my wife Karel's parents are conservative Texans, so you can see why there might be a few kinks in my relationship with my in-laws. However, despite some rocky moments over the last 10 years, I've grown to love and respect Karel's folks. And along the way, I've learned several invaluable lessons that anyone can use when dealing with a spouse's parents. Try them—because just like with defensive driving or kitchen safety, a quick refresher never hurts, and can even help prevent serious injury.

Find some common ground (or, even better, AstroTurf). To say that my Tea Party-supporting, retired-engineer father-in-law and I don't have anything in common would undervalue both the words *don't* and *anything*. Okay, that's not totally true: For many years we shared a love of deep-fried chicken wings, but even that's gone now, because recently, in the wake of several coronary episodes, he decided to become a vegan. That's why I

thank God for football. Football is truly the great unifier. I really look forward to heading down to Texas in the fall and winter, because I know we will bond over hours and hours of glorious football.

The best is when we watch college games, because I grew up in Philadelphia and didn't go to college, so I have no allegiances. Who are we rooting for? Oklahoma State? Awesome, lemme just get some more soda and riblets. What's that? I'm slowly killing myself with meat and I should really eat a Boca Burger and open my mind to what Sean Hannity is saying? I have a better idea: Let's just watch more football! OSU! OSU!

Never, ever say anything bad about them. This is a perfect example of a nugget everyone's heard but that anyone can benefit from hearing again. After our second kid, Josie, was born, Karel's mom came and stayed in our thimble-size house for two months. I have trouble handling it when guests come over for dinner, but it was Karel who really struggled this time. Every day, she quietly raged about her mother's "helpful" suggestions. She couldn't deal with our lack of privacy or the way Grammy cherry-picked the rules we'd established for our older son, Noah. Frustrated and claustrophobic, I eventually caved and joined in when Karel vented her spleen to me before going to bed one night. This was an epically dumb move, because I only stoked the flames of my wife's anger, which culminated in a huge blowup between her and her mom the next day that sent Grammy home on the first plane outta town. Karel felt wretchedly guilty afterward, as did I. Suddenly, she had no memory of why she was so angry at her mom, but she had no problem remembering the reasons *I* was.

The moral of the story: No matter how long your in-laws have kept you waiting to use the bathroom in your own home, no matter how fed up you are, do not say a word. Just hold it in. (And if you're desperate for a punching bag, bash your own parents!) ▶





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WHYS GUY

Make an effort, even a half-assed one. A few years ago, when Noah was around 1, my mother-in-law really wanted Karel and me to read *The Five People You Meet in Heaven* by Mitch Albom. That wasn't gonna happen—just thinking about it made my teeth ache. So instead, we had a few drinks and watched the made-for-TV movie version. Michael Imperioli is in it, so we hoped it would be like *The Sopranos*. It wasn't. When I complained about this to my mother-in-law, she laughed. (I don't think she knew what *The Sopranos* was.) The point is, we took her wishes into account and tried to connect with her, and she appreciated it.

No matter how long your in-laws have kept you waiting to use the bathroom in your own home, do not say a word. Hold it in.

a threat or two before we came back to our senses. Afterward, there was nothing else to do but go into the kitchen and awkwardly make Christmas candy together while listening to smooth jazz.

I still feel embarrassed when I think about that argument, because ultimately, it was just two guys rehashing the plotlines from their respective cable newsshows. And it was also between two people who, despite all their differences, genuinely like each other. He's a good man who raised an amazing woman, a woman we both love and would do anything to make happy.

And that is the important thing to remember—that no matter how difficult your relationship with your in-laws, they helped shape the person you've chosen to spend your life with. In fact, the things about them that irk you most may be the very qualities you adore in your partner. Case in point: Karel might look like a tattooed, crazy-hair-colored hippie, but she's actually the practical, conservative, and responsible person in our marriage—a perfect foil for my mental cacophony. And for that, I thank her parents, even if we might not agree on candidates, literature, or the merits of vegan desserts. ®

Straight answer from the Whys Guy

Dear Whys Guy: What do men really want from their wives and kids for Father's Day? — Joanna, IN

I'm pretty sure I speak for most dads when I say that Father's Day should be a chance to relax and recharge, not a day to unwrap ties, golf gloves, or novelty underwear. Here's what I suggest. First, let the man get some sleep. Don't get him up before 10 unless he's going fishing. Next, serve his favorite breakfast—think bacon, lots of bacon. Then, rather than give him an "original" gift that's a big waste of money (see: ultraviolet-light cell phone sanitizer), have the kids make him cards. Finally, set him loose to do something he loves but rarely has time for. If I haven't run in a while, I want to hit the road. If I haven't gardened for weeks, I want some tomato time. Follow this formula, and kapow: Your guy will feel awesome and appreciated.

Need help decoding male behavior? Email your questions to redbook@hearst.com (subject: Whys Guy). Letters may be edited for clarity and length.



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Jeremy and Dawn Wallace outside their Texas home.

"My wife was a surrogate"

Any guy who supports his wife through a pregnancy can expect a major reward: a baby. *His* baby. But what happens when that child actually belongs to someone else?

By Douglas Quenqua

How could a man be okay with the idea of his wife carrying another man's child? What sane, adoring husband would hold her hand through a pregnancy and delivery, all to make someone else a father? The questions dogged me as I picked up the phone to call Jeremy Wallace, a 35-year-old former Air Force staff sergeant who helped his wife fulfill her dream of becoming a surrogate mother. It was easier than I expected to find Jeremy and other husbands in his position: The number of men who've helped their wives give birth to children for other families, while certainly small, is growing. In 2008, there were 1,395 children born by gestational surrogacy (in which the woman carries the child, but is not the egg donor) in the United States. That's nearly double the number from 2004, according to the Society for Assisted Reproductive Technology. And many surrogates are married.

The husbands of these women tend to be middle-class, Midwestern fathers in their 30s, experts say. They are "confident and supportive," says Elaine Gordon, Ph.D., a clinical psychologist who has worked with surrogates for over 20 years and wrote a book for children born through surrogacy, *Mommy, Did I Grow in Your Tummy?* John Weltman of Circle Surrogacy, an agency in Boston, goes one step further, describing these husbands as "some of the most remarkable men you will ever meet."

Certainly, they are crucial to helping thousands of

couples have children. No reputable agency will let a married woman become a surrogate unless her husband—who has to undergo psychological and financial screening—gives his written consent. His involvement is too important to the process for him to be anything less than fully on board, says Weltman: "I've heard extraordinary stories of men who have literally saved the day. He has to be in it." There can be medical emergencies and months of bed rest, in addition to givens like the twice-daily hormone shots these guys have to inject into their wives before they even get pregnant.

My knee-jerk suspicions melted away the more I talked to Jeremy, who comes across as not only sane, but sincere and well-adjusted. With broad shoulders and a charming Southern drawl, he still has the steady demeanor of a soldier (he served in the Air Force for 10 years). Jeremy left military life in 2006, and since then, he's worked at a variety of jobs, ultimately starting an appliance-repair business in San Antonio, where he lives with his wife, Dawn. They met when Dawn moved to Texas 16 years ago, and have been together ever since. It was a whirlwind romance, he tells me: They met in August, were engaged by Christmas, pregnant (surprise!) by January, and married in June. Today they have two daughters—Alexis, 14, and Rae-Lynn, 10—plus a niece (Amanda, 15) whom they adopted from Dawn's brother. Clearly, the Wallaces believe in family. ▶

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FAMILY SECRETS

"I said to Dawn, 'We have two people here who really want a baby, and we can give it to them. Let's do it.'" —Jeremy

An idea is born

The couple's path to surrogacy began in 2003. Dawn's close friend Amber was having trouble conceiving, and "I offered to be an egg donor," says Dawn, a 5-foot-2-inch brunette with a warm, homespun presence. Jeremy gave his tacit approval, but Amber eventually became pregnant on her own. For Dawn, though, the idea of helping another couple have a baby had taken root. "Watching Amber go through all those emotional ups and downs was so hard," she says. "I thought, *I could help someone else.*" She started researching surrogacy online.

After months of perusing articles and websites, she was ready to share her secret with Jeremy. "She was on the computer with all this information up on the screen, and she told me she was thinking about it," Jeremy recalls. "My first reaction was, 'Okay, that's kind of a shock,' because she's going from [the idea of] donating eggs for a friend to actually wanting to carry a child for somebody else." Jeremy knew how much a baby means to a couple who can't have children—he was adopted, and his parents had been in that very situation. But still, "that's a big leap," he says. They began to talk about the logistics of surrogacy, and naturally, finances came up. At the time, they were bringing in about \$38,000 a year, so the \$25,000 they'd get from Dawn's surrogacy—even if they'd lose almost half of it to taxes—represented a significant sum.

But the thought of his wife using her own eggs to produce a child with another man—even if there was no sex involved—and then carrying and delivering that child? It was still hard for Jeremy to grasp. "I felt like there wasn't any difference between that and a guy sleeping with her," he says. "I couldn't get over it at first."

Jeremy had everyday concerns, too. "I would have to care for her and do all the stuff for her as if this baby were mine, and it's not," he says. "I would be the one dealing with the hormonal aspect of it: the cravings, the moods, her getting really—excuse the word—bitchy. I thought about that too." But Jeremy didn't share these misgivings with Dawn. Instead, he told her he'd think about it. Privately, he hoped she would just forget the whole thing.

She didn't. "Getting pregnant was really easy for me, but it's not like that for everyone," Dawn says. "We had our kids; our family was complete. But I wanted to help people, and I like being pregnant." Five years went by, and then Dawn's on-again, off-again research led her to Circle Surrogacy. An agent there talked to her and Jeremy about the process and sent them information on gestational surrogacy (the most common type), in which the child would be the result

of another woman's egg and sperm given by a male donor—eliminating any biological connection to Dawn. For Jeremy, that made the prospect more palatable. "I was able to look at it like she's just babysitting in a really drastic way," he says.

Step one: the screening process

Jeremy agreed to keep exploring the possibility of surrogacy, and the couple began Circle's screenings. "Anything that was private, we had to expose," says Jeremy. They passed the psychological interviews, where they were questioned by a counselor looking to make sure there was no tension or unease between them. All that remained was their finances. By that time, Jeremy was out of the Air Force and Dawn was working in child care. They were earning \$50,000 a year combined, which met Circle's \$40,000 annual income requirement and reassured the agency that the Wallaces weren't in it just for a payoff. It's worth noting, however, that the financial motive hardly seems viable once you do the math: The standard fee for a surrogate pregnancy is \$25,000—not exactly a windfall after you factor in time (typically a year, including hormone shots and insemination), the physical toll on the woman, and the emotional toll on the man at her side. In many cases, a part-time side job would have a higher return.

Finding the right family

The Wallaces were approved, and Circle soon matched them with a potential recipient: a same-sex couple from Israel who were also registered with the agency. Jeremy and Dawn and their "match" quickly agreed to chat on the phone. That's when they learned more about each other, including the fact that the Israeli couple, Avishay and Avinoam Greenfield Caspi, had already adopted one son, then 8. They had signed up with Circle after they'd tried to add another child to their family and encountered restrictions on gay adoption in some of the countries where they had applied. Jeremy and Dawn enjoyed that initial conversation, and were thrilled when Avishay and Avinoam suggested visiting them in Texas.

Before the couple arrived, though, Jeremy and Dawn



The Wallaces at one of many doctor visits.



Top right: Dawn's mother holds one of the twins at the hospital. Above: Avishay (left), Avinoam (right), and their son with Jeremy and Dawn in the NICU. Bottom right: The Wallaces visit the babies in Israel in 2009.



had to reveal their plans to Dawn's mother, who lives with them and would no doubt ask questions. "I started with, 'Dawn is doing something that is a little off the wall, but it's not unheard of,'" says Jeremy, who took the lead in the conversation. Telling his own very old-fashioned parents was a bit harder: "Going up to your mother or father and saying, 'Hey, Dawn's going to have a kid, and

it's not mine'—that was something we had to ease into." He decided not to attempt it until Dawn was pregnant.

Breaking the news to their kids was a different kind of complicated. "We were driving around, and Dawn explained what we were doing," says Jeremy. From the backseat, daughter Rae-Lynn

asked, "I'm getting a little brother or sister?" It took a moment for the girls to understand that no, they were not getting a sibling, but yes, Mom was going to have a baby. They soon accepted the situation, though, and it became their family's new normal.

With everyone in the loop, the Wallaces were ready to meet Avishay and Avinoam in person. For Jeremy, who was willing to help Dawn but not so passionate about their new "project" just yet, this visit would make all the difference.

"I got to see how [Avishay and Avinoam] were as a family,

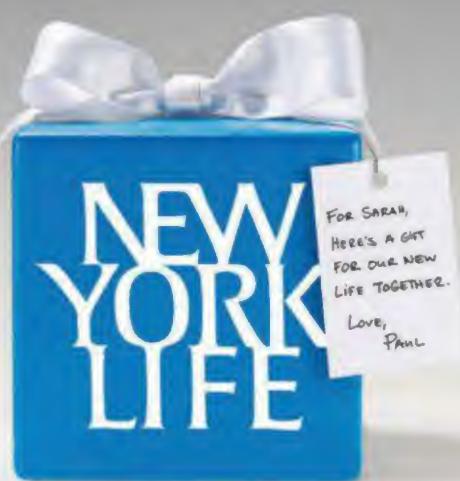
to get a better look at their values and thoughts on raising a child," he says. "I got to see how badly they wanted another kid." Jeremy remembers watching the couple's son play with his daughters in their three-bedroom home and thinking how the two families really weren't any different. "At that point I said to Dawn, 'We have two people here who really want a baby, and we can give it to them. Let's do it.'

"I was happy that he finally came around," says Dawn. "I knew it would go a lot easier if I had his full support rather than just his help. There's a difference."

The visit also helped sway Avishay and Avinoam, who had their own concerns about Jeremy. "You look at his biography and he's this military man from Small Town, U.S.A.," says Avishay. "You wonder what his feelings will be about a gay couple, his wife doing surrogacy. But he was totally different from the stereotype we had in our minds. He was very warm, very sympathetic, very involved. We were taken by surprise." The couple paid close attention to how sweet Jeremy was toward Dawn—the way he looked at her, the way he held her hand. "We could tell he was a real family man," says Avishay.

Shots, doctors visits, success!

Just weeks after Avishay and Avinoam's visit, Jeremy found himself kneeling on his cold bathroom floor, preparing to stick Dawn with a three-inch needle full of hormones that would increase the chances of the pregnancy "sticking" once the embryos were implanted—one shot in the buttocks, one in the belly. It was a routine they would repeat twice a day for the next three months as Dawn prepared for the procedure. "I was so scared of doing something wrong," says Jeremy. He cracked jokes to ease their discomfort, but there was no hiding his uncertainty about whether or not they were doing the right thing.►



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"Jeremy was so involved... it was really quite amazing." —Avishay

"I kept telling her, 'I know this is something you want to do, and if you want to *keep* doing it, we will,'" he recalls. "Otherwise you don't have to. We don't desperately need the money."

Three months later, the embryos were transferred to Dawn's uterus in a hospital room while Jeremy and Avishay waited outside. Jeremy describes how, as they saw the image of the fertilized eggs inside of Dawn, he turned to Avishay and said evenly, "Congratulations. She's pregnant." His reaction—or lack of it—is quite normal for husbands of surrogates, says Elaine Gordon. Already, Jeremy was feeling the detachment that Circle had prepared him for, and *hoped* for. Nothing complicates a surrogacy like a couple who forget that the baby isn't theirs.

A very risky pregnancy

At two months, just when Jeremy and Dawn had settled into the pregnancy, the doctor called saying that Dawn was having twins. It was good news for the fathers-to-be—more family to love!—but a worrisome prospect for Dawn, given her tiny frame.

Sure enough, by her fifth month, Dawn began to buckle under the weight of the babies. "My legs hurt, my stomach hurt, I was tired and cranky," Dawn recalls. "I felt the way I did at full term with my own children." At this point, the couple put their sex life, which had remained

back his work hours—something he could afford to do because of the Circle payment—to help out at home.

Then, truly scary news: Dawn was developing preeclampsia, a potentially life-threatening condition marked by a spike in blood pressure. Left untreated, it could lead to seizure, stroke, or organ failure for Dawn *and* the twins. The only cure is to give birth—and Avishay and Avinoam were in Tel Aviv, with no plans to come to Texas again for a month. Jeremy called them from the hospital after Dawn was rushed there in an ambulance. "You need to be here *now*," he said.

Because of the age and position of the twins, Dawn gave birth via C-section. The procedure took about 40 minutes, after which the babies, a boy and a girl born nine weeks premature, were whisked away to the NICU. "They pulled them out, got them wiped off, and put them in incubators," Jeremy says. "There was no stopping to say 'Hi.'" Dawn made Jeremy follow the babies to the NICU to make sure everything was okay. At that moment, the primary emotion he remembers feeling was relief: "We were just happy to have them out, everyone safe and healthy."

Dawn, recovering from her C-section, didn't make it to the NICU to meet the babies for almost two days. "I didn't have the maternal instinct that I had with my own children. With my kids, it was, 'That's mine,' and you just want to scoop them

active during the earlier stages of pregnancy, on hold. Still, Jeremy says he never lost desire for his wife, no matter whose child she was carrying. "I found her as attractive as the day we met," he says. He showed his love in other ways: doing the housework, keeping the kids out of her hair, and making sure she ate well. At seven months, Dawn was put on bed rest, and Jeremy scaled

up and hold them," she says. "With the twins, it was just, 'Hey, I did good.'" Jeremy and Dawn were the twins' legal guardians while they waited for Avishay and Avinoam to arrive. During that time, Jeremy took a central role in caring for the babies. "It was a lot of checking in on them, signing papers, and transporting breast milk back and forth," he says.

Two happy families

The Israeli fathers finally made it to San Antonio 48 hours after Dawn gave birth. "Jeremy was the first person we saw," recalls Avishay. "He ran up to us and welcomed us, and then led us in to see the babies."

Over the next several days, the twins gained strength, and their dads were finally able to hold them. But it would be a month before they could leave the hospital. When at last they were told it was okay to go home, the Wallaces threw them a party at a local restaurant. "Dawn's children joined us, and so did her mom," Avishay says. "We spent a couple hours just talking and seeing each other before we flew off." He and Avinoam couldn't be happier with the surrogate couple they chose. "They were wonderful, and I mean both of them," Avishay continues. "Jeremy was so involved and so in the picture—calling us, sending us emails and sonogram videos, making sure everyone was comfortable—it was really quite amazing."

Today, the families chat on the phone regularly, and they intend to keep in touch for the long haul. Jeremy and Dawn even visited the babies in 2009. The trip opened up their world in a way they couldn't have expected: The Wallaces, who had never needed passports before, found themselves in Israel speaking about their surrogacy experience to a room full of gay couples. "It was the neatest thing ever," Jeremy says. They also got to spend time with the kids. "The last time we had seen them, they were so small," says Jeremy. "Going from that to these chunky little babies, rolls all over, it was awesome. I felt like they were my niece and nephew." The Wallaces were so moved by the surrogacy process that they applied to do it again, but were rejected because of Dawn's medical difficulties with the twins.

Life has returned to normal for the Wallaces, but their relationship is different: They're much closer. "To see the parents with their babies and know it wouldn't have happened if it weren't for us is an amazing feeling," Jeremy says. He discovered "a new level of selflessness in Dawn after watching her go through a pregnancy for someone else. It speaks a different volume." In the end, Jeremy was right about never being able to think of his wife in the same way after surrogacy: He now sees her as stronger, more generous, and braver than ever before. ®

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Use your inside voice

Alanis Morissette spent decades hiding her feelings and shushing herself. Then she witnessed how freeing it was for her son to let it *alllll* out.

The other night my 15-month-old son, Ever, who's learning to walk, had a minor mishap and hurt his finger. In the split second before he registered the pain, I leaned over to check that he was okay (he was) and gathered him into my arms. And then he began to wail. It was fierce! It was alive! But as quickly as his crying started—and as loud and urgent as it was—it stopped. He was silent. Relieved. Happy, even. As we sat there, my heart racing a bit from adrenaline and tears glistening in the corners of his eyes, a little smile formed on his lips, and I thought, *How beautiful*.

Watching Ever express all the emotions—the glee and excitement, but especially the frustration and disappointment—that come with such a big step (pardon the pun) in his development has been revelatory. He never fights his feelings—he experiences them fully and in the moment, and then he's free to move on to stillness and joy or whatever comes next. My own approach has always been to push intense emotions down and attempt to deal with them later. When I was younger, I was terrified to express anger because it would often kick-start a horrible reaction in the men in my life. So I bit my tongue. I was left to painstakingly deal with the aftermath of my avoidance later in life, in therapy or through the lyrics of my songs.

So lately, I've been trying on Ever's behavior for size (minus the wailing). Just the other day, I expressed anger outside of my lyrics for what felt like the first time. I told a new friend, who'd been doling out unsolicited parenting advice and projecting her worries onto me, that I would reach out to her for guidance if I needed it. I'd



Alanis, following
in Ever's
footsteps.

been terrified to set this boundary, not knowing whether she would still want to be my friend. In the past, I might have smiled even when I was furious, or turned my back on the friendship. To my surprise, she took immediate responsibility, and I've noticed that my honesty has breathed new energy into our relationship. It's become more intimate overnight, and I feel free to be myself with her in a way that I hadn't before.

I will have to pull my bootstraps up pretty high in order to live as authentically as Ever does naturally, but if I continue to use my voice to express my true self, I'm hopeful that I'll get there eventually. And for this I am eternally, maternally, grateful.

Grammy-winning singer and songwriter Alanis Morissette's seventh album will be released this month.

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Sasha Alexander, interviewed by her daughter, Lucia, 6



The actress solves crimes on *Rizzoli & Isles*, while at home she fights against... makeup.

Lucia: Mommy, when did you decide to be an actress?

Sasha: When I was about your age, I wanted to be an actress or a teacher. What do you want to be?

Lucia: I want to be either a mama or a baby doctor. When do you think I will be old enough to babysit for Chubs?

Sasha: I don't know why you call your brother [16-month-old Leonardo] Chubs. He's not even that chubby! You're already a great big sister, always helping me and making him laugh. I'm not sure when you'll be old enough to babysit. Maybe when you're 10 or 11?

Lucia: I can't wait until Chubs grows up so he can be a toy in the bathtub. He's going to be a starfish named Chubby!

Sasha: I'm not sure that when Leonardo grows up he's going to want to be called Chubs or Chubby.

Lucia: Why were we born in Switzerland, but you weren't?

Sasha: I was born in Los Angeles, but my parents are European. Your [Italian-born] dad and I wanted you both to be born in Geneva because we have family there. You two were born in the same hospital room.

Lucia: Which is your favorite language to use when you talk?

Sasha: I speak Italian, Serbian, and English, but you're the one who's destined to work at the UN, because you already speak three languages and you're only 6.

Lucia: I speak Italian, French, and English. Oh, and Serbian.

Sasha: You know some Serbian words.

Lucia: I know what your favorite Serbian words are, because Chubs has one!

Sasha: Malog bebina guza—little baby's butt! What do you want for your birthday this year?

Lucia: A set of makeup.

Sasha: I never approved that.

Lucia: I asked Mimi [her grandmother Sophia Loren] and she said yes. I want to wear blue on my eyes and lipstick.

Sasha: No, you don't.

Lucia: Yes, I do! We'll have to talk about it.

—ADAPTED BY LORI BERGER

Sasha trivia: She taps in to her mom, a scientist, when playing a medical examiner on *Rizzoli & Isles* (back on TNT June 5). And her mother-in-law is Sophia Loren!

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WORK & MONEY

LIVE WELL & LOVE WHAT YOU DO

8 secrets from the HR department

We promised **anonymity** to top human resources reps in return for **truths** no boss would ever tell. Memorize 'em now, use 'em on Monday.

SECRET #1: Never talk about work on Facebook! "I had been sent a copy of an internal job candidate's Facebook page, and saw that she'd been bashing the company within days of our scheduled interview. When she came in, I read her some of what she'd posted and said,

'I can't consider you, because you can't say this about your employer one day and expect to go into a higher position the next,'" recalls an HR director at a national entertainment company. "People are shocked when their page makes its way out of their social circle and into our hands. We don't



You know who
doesn't get
promoted? The
Office Screamer.

even go looking for it—I've had angry coworkers make copies of a colleague's page when they saw something offensive and give it to me as evidence. Facebook drama has been happening constantly lately, and not just among younger employees."

SECRET #2: Look out for trick questions.

"I always ask interviewees to tell me about a work situation that didn't go very well," says one HR manager at a major consumer-products company. "I expect them to be honest, but then use it as an opportunity to explain what they learned from the mistake and how they made sure it didn't happen again. Yet I'm continually floored by people who tell me *only* their errors, like how they completely bombed a presentation. This isn't the time for you to confess what a mess you were at your last job!"

SECRET #3: If you've been warned at work, it's pretty much over. "Every place I've worked, the firing policy has called for at least one verbal warning and one written one before we can let someone go," explains an HR director at a software company. "But if you get so much as a first one, things are probably going to be over soon—we just can't fire you right away because of official protocol. So when we tell you, 'We want to help you improve' or, 'This is your opportunity to get feedback and grow from it,' the truth is that it's rare for an employee to bounce back. If you get put on disciplinary probation, smarten up and start looking for another job immediately."

SECRET #4: Don't automatically say yes to the first salary offer. "You shouldn't be afraid to ask for more—men aren't. In the last few years, I've had five employees negotiate bonuses into their hiring packages, and only one of them was a woman. I'm surprised that so many women accept

without negotiating," says the director of professional development at a national nonprofit. How much to ask for? "Generally, a 5 to 10 percent increase from the offer is a reasonable request; a 25 percent bump isn't," says the software company rep. "Then again," says the nonprofit pro, "there are cases where the money just isn't available, so you should be creative with what you haggle for. I've offered people flexible work schedules, and I'd be open to giving other perks, like more vacation or a longer maternity leave."

SECRET #5: Everything you do—and don't do—matters. "People need to understand that what it takes to be successful at their job may not be limited to the stated requirements. It's important to be part of the group: playing on the softball team or going to work-arranged happy hours. I see who gets involved and make a note of it," says the consumer-products company exec. "It may not factor in to your annual review, but employees who seem happy to join in extracurricular activities are more likely to get thought of first for projects and promotions."

SECRET #6: Résumé pros give you a boost.

"If you want your résumé to stand out, hire a professional to write it for you," says the software company rep. "Big companies use scanning software that flags résumés with specific keywords, so yours will never even make it into a recruiter's hands if you're not using the right lingo for the job. A good résumé-writing service may cost \$200 to \$300, but high-quality agencies are generally run by people who've been HR vice presidents or heads of national recruiting companies, so they know what buzzwords get noticed. If you have the money, spend it on perfecting your résumé, because that will impress an interviewer more than a fancy new suit." ▶

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This is *not* what your boss meant by "more teamwork."

SECRET #7: We don't really want to know that much about you. “I ask all candidates to tell me about themselves, but the weirdest response I ever got was a 15-minute diatribe that touched on all sorts of stuff you shouldn’t talk about in interviews: what church she went to, what political party she liked, how many kids she had and how many more she wanted,” says the software company rep. “It totally turned me off.”

SECRET #8: Remember, work parties are not actual parties. “I’ve had to cut employees off from drinking at holiday events. Once, a drunk senior-level male manager started dancing inappropriately with staffers, and since then we’ve stopped serving alcohol at company events a few hours before they’re actually over,” says the consumer-products exec. “People should stick to a three-drink limit, at most!” —AS TOLD TO JESSICA PRESS

They did *what!*?

The wildest workplace no-no’s HR reps have ever seen.

1 PORN SCREENINGS! “When workers started complaining about sluggish Internet speeds, IT investigated, and it turned out one staffer had connected a bunch of computers in a storage room so people could sneak off to watch porn. Everyone involved was fired,” recalls the consumer-products HR manager.

2 BRIBERY! “In the middle of a round of layoffs, one employee followed me on my lunch break and tried to stuff a wad of cash—*thousands of dollars*—through my car window, pleading, ‘Please don’t lay me off!’ He was right in predicting he was going to be let go. But even if he weren’t, his bribery would have gotten him fired,” says the software company rep.

3 SEX AT WORK! “One afternoon, I got a call telling me that an employee had been having sex in his car—in the employee parking lot,” says the HR director at the nonprofit. “When I confronted him, he didn’t deny it. But I was shocked when he said, ‘Well, to be fair, it was my lunch break.’ Later, he even reapplied for a job at the company. We didn’t hire him back.”

4 GOOFING OFF! “After staffers were distracted by a woman who was always giggling in her cubicle, we pulled her online history and found pages and pages of instant messages she’d exchanged with a male coworker. I fired them both. It wasn’t just the lewd content, but the fact that they were wasting hours at work,” says the software rep.

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GREEN \$ TIP



Quit idling: The average driver wastes 14 gallons of gas every year—that's about \$713—waiting in traffic or during quick pit stops like dashing into the dry cleaners, according to a national study by the Texas Transportation Institute. Leaving your car running for more than 10 seconds uses more gas than it takes to restart it, so if it's going to be a little while, just shut the thing off!



Isra and Fahd at home in Boston with their three kids, Leena, 1, Eissa, 6, and Salma, 3.

"MY MONEY M.O."

How did mother of three Isra Albinali, 38, and her husband, Fahd, pay off **\$56,000** in credit card debt? She opened her books for us.

When I realized we couldn't afford to pay cash for basic stuff for our kids, like groceries and baby wipes, I knew it was time to confront our mushrooming credit card debt. In 2008, we owed tens of thousands after years of traveling, living in a too-expensive apartment in Boston, and eating out constantly. Fahd works for a tech start-up, and after we decided to straighten our money situation out, I created a blog, thefrugalette.com, which brings in a little cash from ads. We quickly axed our most costly habits, and now have only \$2,000 left to pay off!

● **How we instantly cut \$600 from our monthly budget:** We asked our apartment's rental office to move us from our top-floor loft to a smaller space on the ground level with fewer amenities. We shaved another \$500 off our rent five months later, when we downgraded to a second-floor walk-up across town.

● **My shining moment of resourcefulness:** I learned how to cut my husband and son's hair! These guys need haircuts every three to four weeks, so we're saving at least \$400 a year.

● **We can't afford big vacations,** but we visit playgrounds around the city and take pictures in front of the park signs like tourists. The kids get a kick out of it.

● **Our next big goal:** It's not glamorous, but we're eager to start our emergency fund. All the money we've been putting toward paying down our debt each month will go into a new bank account. Not having savings has made me nervous, but now I see the light at the end of the tunnel! —AS TOLD TO KENRYA RANKIN NAASEL

FINANCIAL 411

- **After-tax household income:** \$60,000
- **Debt:** \$2,000
- **Rent:** \$1,550

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WHAT'S NEW, NOTEWORTHY & NOW

MY PET'S WORST MOMENT

No matter how adorable your pet, we've all experienced moments that leave you shaking your head, and perhaps a finger, at your pet. Sometimes though, these moments have funny stories behind them! Submit a photo or video of your pet's "worst" moment by May 31 and vote by June 30 at facebook.com/fetchcorporate for a chance to win a new iPad!

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FIVE-MINUTE MONEY MANAGER

The sane way to lend money



REDBOOK's money expert, Beth Kobliner, is the author of *Get a Financial Life* and is on the President's Advisory Council on Financial Capability.

One in three Americans say they'd ask friends and family for a loan to cope with a crisis, a recent survey from the National Bureau of Economic Research found. But before *you* become the Bank of BFF and bail them out, heed this advice:

● **Put it in writing.** A loosey-goosey lending arrangement is a recipe for tension. To avoid blowups, have both parties sign a document that sets the terms (say, six months) and whether repayment will come in installments or a lump sum. Type it up yourself, or go to nolo.com to download a formal promissory note for \$15.

● **Charge interest.** Seem cutthroat? It's not;



Hold it right there! Did you get that IOU in writing?

interest makes a loan feel less like a handout and more like a mutually beneficial deal. Ask for at least the amount your money would make sitting in a savings account—currently around 1 percent.

● **Know when to say no.** Set a lending limit by subtracting three months' worth of expenses (the minimum you need saved for emergencies, though six is better) from your total savings balance. What's left is the amount you could potentially lend. But pay off any debt *you* have first—there's always the risk that your friend or relative will flake on paying you back. Can you really afford that? If not, be honest and say you can't swing it.

MINI MOGUL!

Look at how Stephanie Kirsch, 37, moved up the real estate ladder from nuthin' to a home worth \$1.1 million.



1996

THE RENTAL
\$1,100 per month
North Bergen, NJ
1 bedroom, 1 bath

"My husband and I moved into this apartment together right after college. When he proposed two months later, we started looking for our first home, because we knew we wanted kids."



1997

STARTER HOME
Purchased for \$179,000,
sold for \$405,000
Cedar Grove, NJ
3 bedrooms, 2 baths

"We saw more than 50 houses before we stumbled on this one—the clincher was that the taxes were low. We spent \$50,000 to build a family room off the back, put in hardwood floors, and add a second full bath. With those upgrades, and rising housing values, we made a killing."



2004

THE SECOND-BABY UPGRADE

Purchased for \$475,000,
sold for \$685,000
Caldwell, NJ
6 bedrooms, 3 baths

"This home's interior was terribly outdated, so we sunk \$125,000 into renovating all the rooms and installing central air, new plumbing, and better electricity. We also converted the third floor into bedrooms and baths for our two kids. We preserved its old-world charm, and the repairs helped us sell in a down market."



2011

OUR HAPPY PLACE

Purchased for \$615,000,
valued at \$1.1 million
Caldwell, NJ
7 bedrooms, 5 baths

"This beauty was a steal—it had been on the market for three years. We learned that it had some structural damage, so we lowballed our offer. The owners just wanted out, so they took it. So far we've replaced the roof and support beams to address the biggest problems. When we're ready to sell in the next 10 to 15 years, we're confident we can get more than a million for it!"

—AS TOLD TO JESSICA SAGER

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WHAT'S NEW, NOTEWORTHY & NOW

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Life: You just



SEXY SUPPORT GROUP

"Sometimes it just looks like I've got it all under control. It can get crazy. There are always a thousand things going on!" confesses Jennifer.

gotta roll with it

You never know what fate's going to deliver. That's the message of the new film *What to Expect When You're Expecting*. So we got the movie's leading ladies—Jennifer Lopez, Brooklyn Decker, Anna Kendrick, Elizabeth Banks, and Cameron Diaz—to talk honestly about their own dreams, disappointments, and happy detours.





here's a scene in *What to Expect When You're Expecting* when Wendy, a little-miss-perfect lactation expert played by Elizabeth Banks, is in the throes of labor and yells at her husband: "I want the epidural... Get me the juice!" Blindsided by a whopper contraction, she realizes it's time to let go of her dream of a heroic, drug-free, natural birth. It's one of the realest moments in a film that has, at its core, the premise that life never quite goes as planned. This theme plays out to big laughs, with the requisite stable of kooky sidekicks and all five plotlines ending in tears of joy. It's baby-making, Hollywood-style. Having trouble conceiving? Not to worry—adoption can be arranged even faster than you think. Getting ready to deliver? Touch up the makeup, strap on the stilettos, and push!

Of course, real life isn't like that, even for celebs. And hello, parenthood isn't the end-all, be-all for everyone. The five ladies on these pages are in radically different life stages, and so far, only two have taken on motherhood. Thirty-nine-year-old Cameron Diaz, whose films are as A-list as the string of guys she's dated, doesn't see kids in her immediate future. Brooklyn Decker, 24, married tennis champion Andy Roddick three years ago but is currently more focused on transitioning from model to actress than from wife to mother. Anna Kendrick, 26, says she's just too young—and, frankly, she's too busy, working nonstop since she nabbed her first Golden Globe nomination for *Up in the Air*, opposite George Clooney, in 2009. The two mothers in the group have had their hiccups. Jennifer Lopez, 42, is a single mom to twins Emme and Max, 4, since she split from husband Marc Anthony. Banks, 38, has a son, Felix, 1, who was born via surrogacy after years of failed fertility treatments. They don't have all the answers, just a lot of questions—like the rest of us. Here, they talk honestly about figuring out the baby thing, overcoming setbacks,

giving up on the fantasy of perfection, and, ultimately, working toward happiness. Read on—it's not what you'd expect.

REDBOOK: Did any of you—or do any of you—have a timeline in terms of when you thought you'd be married and have kids?

CAMERON DIAZ: I thought I was going to be married and have two children by the time I was 21. I think I felt I had to model my life after my mother's. But then my career was starting to take off and there were still so many things I wanted to do. So that dream for me was shattered early on. After that I never put another timeline on anything in my life.

BROOKLYN DECKER: I think whatever happens happens. It's funny, because when I think I want a baby, everyone tells me to live my life, enjoy my career and marriage for a while. My mom worked as a nurse when I was growing up, and it's a good example for kids to see their mom work. But right now, I'm going to wait a bit.

ANNA KENDRICK: I have no clue. It's not even something I think about. I just turned 26. Having a child is not on the agenda. I can barely take care of myself!

RB: Do you think our culture pushes motherhood and judges women who don't have kids?

BD: I do think there is a weird pressure, and it's unfair. I have friends who love kids but say they don't want them for themselves, and I respect that. It's a personal choice. It's rude when people ask a woman with no kids, "When are you going to have a baby?"

CD: I'm sure a lot of people would expect that I would have had a child by my age. But it's not what I've wanted out of my life thus far. We still live in a largely chauvinistic world. There's a box people put themselves in, and when you [live] outside of it, that makes them uncomfortable—they have to look at themselves and question their own choices.

AK: I remember being 22 and in a cab on the way to the airport, and the driver told me I should have a baby in the next two years or people would think there was something wrong with me. He gave me this whole speech about how parents should be young, otherwise they wouldn't be capable of understanding their kids, and their kids wouldn't relate to them. But my parents

were older, and I had nothing but respect for them. They had wisdom and experience.

RB: What about pressure from your families? Cameron, does your mom pester you about having kids?

CD: My mom would never, ever do that. She's happy when she sees me happy. If having children and a family was something I really wanted but couldn't manage to have, my mom would feel bad for me. But since she's never heard me say I want a baby or a husband, it's not even a conversation between us.

RB: For the two of you who do have kids, do you think there's a "right" time to get pregnant?

JENNIFER LOPEZ: I always wanted a family, but I had been married for about three years and I wasn't getting pregnant, and I was thinking maybe it wasn't meant to be. I remember feeling like I had already blocked it in a sense. Then I had a conversation with my dad and said to him, "Maybe my life is about something else." He said to me, "Why can't you do both?" And I thought, *Why is it that we think we can only do one really big thing?* I had put that block up, and when I let it go, I got pregnant a month later. I kept saying I wanted a baby, but I'd started believing it couldn't happen to me. When I started believing it could, it did.

ELIZABETH BANKS: I definitely don't think [you have to wait for] a right time. I mean: Why wait? The Chinese believe that if you have a baby, what you want comes together even better. You just do it, and make it work.

RB: That sounds nice, but making it work day-to-day can be exhausting, right?

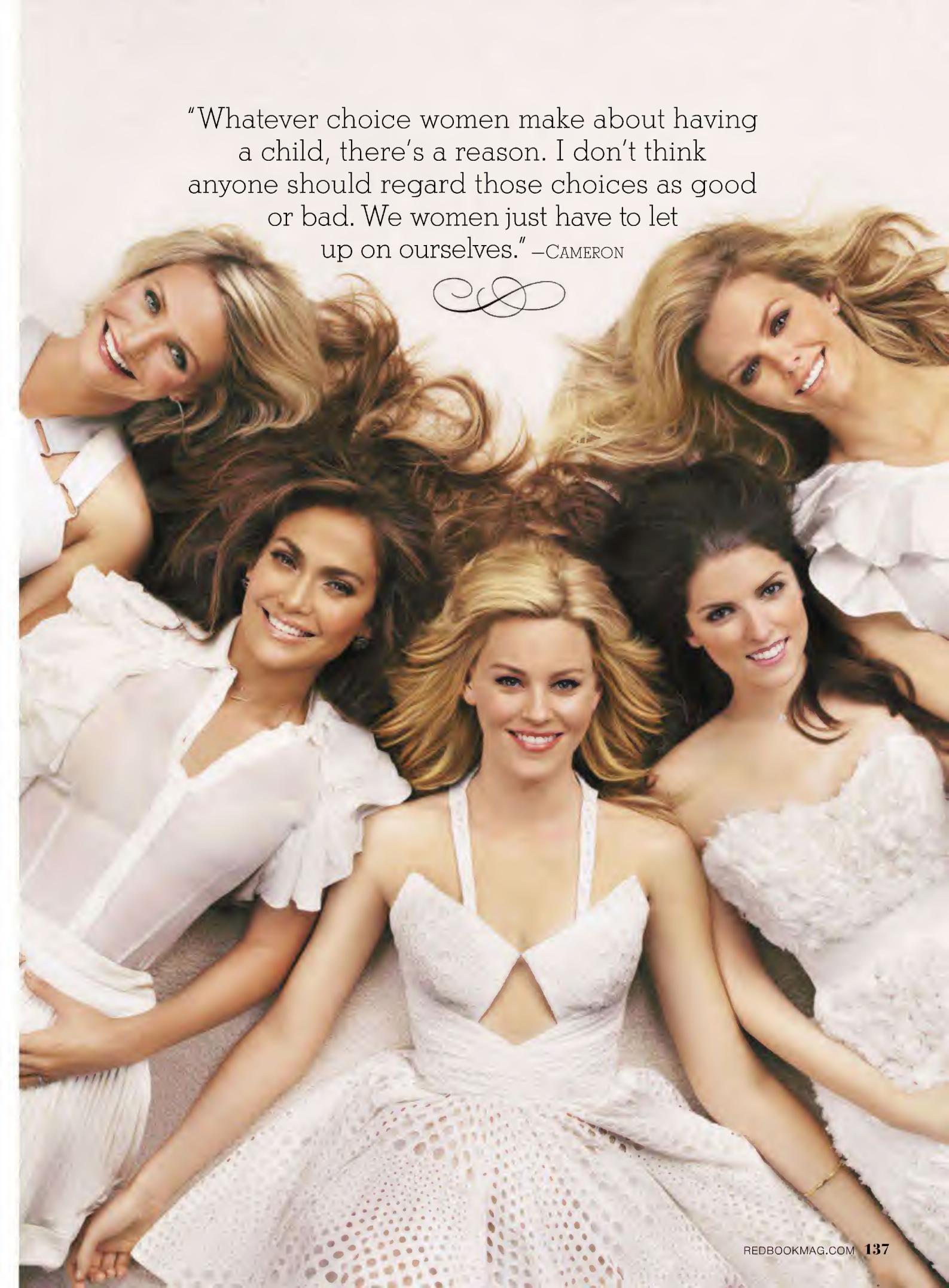
EB: There is no such thing as free time. If there is free time for me, it's Felix time.

JL: My sanctuary is my bathtub. That's really the only time I get to myself. It's usually around 15 or 20 minutes, but for me, those minutes are like heaven on earth. Sometimes I even say a little prayer while I'm in there. I'm like, "Lord, help me get through this day!"

RB: What part of motherhood surprised you the most?

JL: I remember after the babies were born, about seven to 10 days in, I was like, "What is going on with me?" I felt sad and depressed using liquid makeup by Francesca Tolot for Cloutier Remix.

JENNIFER: HAIR BY LORENZO MARTIN FOR CLOUTIER REMIX; MAKEUP BY MARY PHILLIPS AT THE MAGNET AGENCY. RACHEL ZOE: SKIRT: A.L.C. SHOES: GIUSEPPE ZANOTTI. EARRINGS: LE VIAN. BROOKLYN: HAIR BY DAVID NEWKIRK FOR WELLA PROFESSIONALS AT TRACEY MATTINGLY. MAKEUP BY KARA YOSHIMOTO BUJAR FOR CHANEL. ANNA: HAIR BY CRAIG GANGI FOR BRAZILIAN BLOWOUT AT TRACEY MATTINGLY. MAKEUP BY KARA YOSHIMOTO BUJAR FOR CHANEL AT TRACEY MATTINGLY. MANICURE BY DEBBIE LEAVITT AT CLOUTIER REMIX. JENNIFER: HAIR BY ADIR ABERFELDY FOR FREDERIC FEKKAI. EYES: STARWORKSARTIST.COM. MAKEUP BY TRACEY SUTTER AT THE MAGNET AGENCY. JEAN: HAIR BY LONAVAGI AT THE MAGNET AGENCY. BECKHAM: HAIR BY DIOUR BEAUTY. MANICURE BY FRANCESCA TOLOT FOR CLOUTIER REMIX. EARRINGS: JEAN MICHAEL CAZABAT. SHOES: JEAN MICHAEL CAZABAT. EARRINGS: JOAN HORNG. BANGLES: MELINDA MARIA. PROP STYLIST: RON ZAKHAR.



"Whatever choice women make about having a child, there's a reason. I don't think anyone should regard those choices as good or bad. We women just have to let up on ourselves." —CAMERON



and thought the babies didn't love me. I actually remember picking up the book [*What to Expect When You're Expecting*] to try to see what was happening to me, and it said how you have this huge hormonal drop about seven to 10 days after you give birth. It's called the "baby blues." But I just thought they didn't like me!

EB: The first time I ever left Felix for longer than overnight was for *The Hunger Games*. My in-laws came to help, and my husband was there for him, and I realized that it wasn't Felix who was missing out, it was me! I'm not even sure he realized I was gone. But I was brokenhearted.

RB: There's been a lot of talk about the new generation of dads—how hands-on they are.

What do you think: Is it real, or is it hype?

EB: I do think mothers have certain instincts that dads don't have. Sometimes my husband will ask, "Do I have to do x, y, and z before Felix goes to bed?" I'm like, "Yes! What do you mean and why are you *asking* me this? I thought we established this routine months ago!" But I try not to be that crazy mom.

JL: I think parenting is primarily a woman's domain. I do think there are men out there who pitch in on their own, or whose wives make them pitch in. And then there are those men who do nothing. I think men step up to the plate when they have to, but if there's someone else around to clean up the projectile vomit, that's good.

BD: You hope that your guy is going to be there to help you. Obviously I can't talk from personal experience, but I've heard that dads become dads once there's a baby, and they start interacting with the baby, and moms become moms the day they find out they're pregnant. I would hope I'm in a position where I have a guy who is going to be helping me all the way through—even when I'm moody and craving ice cream at 12 a.m. It didn't take me long to know that Andy was the guy I was going to marry, and [what kind of dad he'd be] absolutely went through my mind when making that decision."

RB: The cravings, the moodiness—it's huge for guys to deal with. And of course you're enormous too, when you're pregnant.

JL: I did get huge. But when it's his baby in there, there's something really magical about it [for him]. But being realistic, I'm sure

most men prefer the original. They can't wait for you to get your real body back and have the girl they fell in love with.

AK: I'm the girl who, when I see or meet someone who's pregnant, always says the wrong thing, like, "Aren't you totally freaked out that there's this person that's alive and inside of you right now?" But Louis C.K. does this great bit about a woman's body versus a girl's body and how he's attracted to women's bodies because they speak of

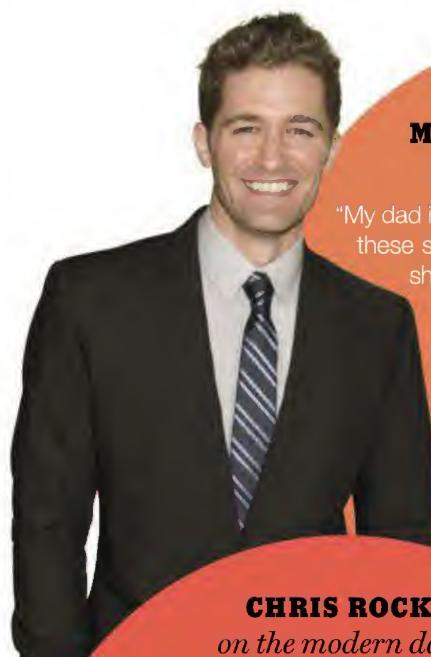
a woman's experience—that they're tougher and sexier. I like that idea."

RB: Back to having kids. Let's be real: You can't equate children with happiness. It's right for some people and it isn't right for others.

CD: I read an article in *New York* magazine titled something like "I Love My Children. I Hate My Life." Raising happy kids is very challenging, and there are often a lot of sacrifices that have to be made. You look at

Yes, there are men in this movie too

And they all have opinions! Read on for their nuggets about dads, dating, delivery...

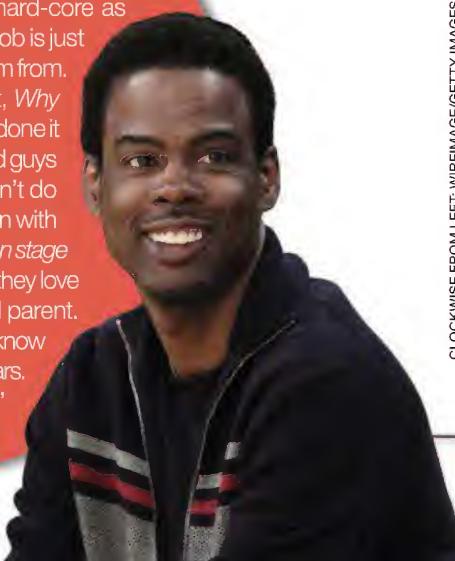


MATTHEW MORRISON
on labor and delivery

"My dad is a midwife, so I grew up hearing all these stories. I was so scared of sex! He'd show me every possible venereal disease and say, 'I delivered a 14-year-old's baby today.' When I was a senior in high school, I helped him deliver two babies. In fact, I want my dad to deliver my baby—what a great story that would be for my child to tell, that his grandfather brought him into this world. Though obviously, my wife would have to be okay with it!"

CHRIS ROCK
on the modern dad

"I can't be friends with a guy who's not a decent father. You don't have to be as hard-core as me, but honestly, 80 percent of the job is just showing up. I had kids late, for where I'm from. And the moment I had one, I thought, *Why didn't I have these kids earlier?* I wish I'd done it 10 years earlier—really. I don't understand guys who talk about all these things they can't do because they have kids. I've never been with my kids and thought, *Man, I wish I was on stage now.* It's the other way around. Kids, they love you to a fault, even if you're a bad parent. That's the crazy part! They don't know how not to love you—for 16 years. It's pretty unbelievable."



where we came from, the feminism of the '60s and '70s that basically said, "Women can do it all." And slowly, women are realizing, *Wait a minute, it's hard to do it all*. I think whatever choice women make about having a child, in whatever capacity, there's a reason for it. I don't think anyone should regard those choices as good or bad. Women just have to let up on ourselves, which is really hard to do in this day and age.

RB: For you moms, even though the upsides are high, do you ever get to the point where you just want to cry because it's so difficult to manage it all?

JL: Oh my God, all the time! There's a constant worry that comes along with being a parent. It never goes away. I'm sure women

who don't have kids have a more carefree attitude about life. I think all women ask themselves, "Can I really do all of this?" But for me the rewards are so great, and that love you feel for them is so fulfilling—even when they're driving you nuts!

EB: I think the thing you always hear—but can't really feel or believe—is how this baby really does change your life. I felt that way a little when I got married. Beforehand you think, *How different can it be, since I've been with the person so long?* And then you get married and it's pretty freaking great! When you have children, it's the entire focus of your life, but my capacity for joy has been opened up in a way I never thought possible.

JL: When kids enter the picture, it's like you keep moving into another level. Kids

open your heart and your soul in a different way. It changes you as a person.

RB: It just proves that you can't ever predict what's going to transform your life.

CD: Regardless of what you want or plan for, I think you have no idea what life is going to hand you. And I think the great thing is if you don't expect *anything*, then you usually get much more than you could possibly ever imagine. ®



SEE THESE LADIES IN ACTION!
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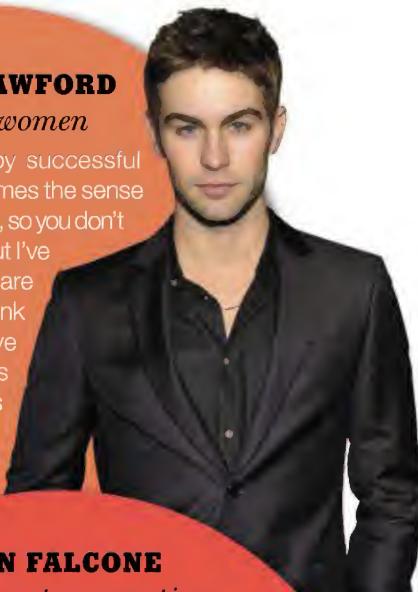
JOE MANGANIELLO
on sex and dating

"As a guy, a lot of your job is defining what the relationship is before anything physical happens. You have to talk about expectations and where this is going, and let the other person know what you want. Being a man is a lost art—most men don't have a clue. It's being responsible for a woman's feelings, getting outside of your immediate animal needs and caring about where the other person is coming from."



CHASE CRAWFORD
on strong women

"I'm not threatened by successful women. There's sometimes the sense that she's out of your league, so you don't want to risk the rejection. But I've been around women who are very outspoken, and I think that's the most attractive quality. When a girl knows what she wants, the guy's going to respect you, and he's going to come running."



RODRIGO SANTORO
on settling down

"My mom and my dad are still together, but so many of my friends who got married just a few years ago aren't. Maybe it's that we compare ourselves to our parents' generation, thinking, *Who's still together, and are they happy?* The world we live in now, there's so much more access [to other people] and that makes it difficult to make a choice. You always wonder: What about this one? Or that one? But there is no perfection. And I will not be waiting forever."



BEN FALCONE
on helicopter parenting

"We're so under the gun now—there's all these classes and this constant 'Did you take your kid to that thing that's going to change their lives? Because if you didn't take them to the Long Beach Aquarium today, their lives aren't going to be the same!' When I was a kid, we sat around the house. If I got bored, I'd have to figure out something to do. Now there's this: 'My kid has to be stimulated, learn French by age 4, and take piano.' I think our kids would be better off if we took some of that pressure off."

—MARISA FOX

Slim Suits!



You've only got so many vacation days: Why waste a second of one worrying about how you look in a bikini?

We assembled the toughest suit-testing team on the planet to find your flaw-erasing winner. It's click-to-buy beach confidence! Photographed by Cheyenne Ellis

FLATTERY LAW #1:

COLOR-BLOCK YOUR BIKINI

Mixing two different, punchy solids is fun *and* body-friendly: Just wear the darker shade where you want to look slimmer. Proving our point on these pages is model Erin Tinsley, who is a gorgeous size 14—same as the average American woman.

Bikini, Lands' End, top, \$50, bottom, \$35; landsend.com. Sizes: top, 2 to 16, bottom, 2 to 18. Pink bracelet, Rosena Sammi, \$49.99; rosenasammi.com. Blue bracelet, Wanderlust + Co, \$28; wanderlustandco.com.



FLATTERY LAW #2:
LOOK FOR
RETRO DETAILS

A sweetheart neckline creates pinup-worthy cleavage while still giving plenty of support. One-piece, Old Navy, \$39.94; oldnavy.com. Sizes: XS to XXL. Sunglasses, KamaliKulture, \$98; kamalikulture.com.



The SWIM EXPERTS are in:

Three of the world's best swimsuit designers download their wisdom on how to look like a million bucks... when you aren't wearing much.

Malia Mills

You can thank Mills for shifting the swim industry's cookie-cutter sizing. When she launched her line in 1993, it was one of the first to offer separates (not sets), and tops sized the same way as bras. Pretty smart!

HER TIPS:

• **Forget "The One."**

"Just like you have different styles of jeans in your closet—boot-cut, skinny, cropped—you can have swimsuits with different silhouettes that are equally flattering."

• **Don't settle.** "The right bathing suit will make you feel like you own the room. Even if something is basically flattering, don't get it if it doesn't excite you."

• **Embrace all of your curves.** "I'm actually a fan of lower-cut legs, because they emphasize—yes, emphasize—a woman's hips. Beautiful!"



Malia Mills, top, \$160, bottom, \$145; maliamills.com. Sizes: top, 32 to 38 A/B and C/D, bottom, 2 to 16.



Her icon:

"I love how Bettie Page exudes pure joy in this shot."



**FLATTERY LAW #3:
GO STRAPLESS**

The brilliance of this elegant suit? It draws attention up to the shoulders, a beautiful spot on everyone. One-piece, Anne Cole Signature, \$96; bonton.com. Sizes: 6 to 16. Necklace, Tiffany Chou, \$56; tiffanychou.com.



**FLATTER LAW #4:
FIND A (SULTRY) SKIRT**

Extra coverage is fine, but skip any skirt that hits more than an inch past your bum.
Bikini, Guria Beachwear,
top, \$74, bottom, \$63;
guriabeachwear.com.br. Sizes:
XS to XL. Bracelet, Tiffany
Chou, \$130; tiffanychou.com.

Norma Kamali

Kamali's glam styles have been a favorite with celebs since the 1970s. (She designed the red tank suit that rocketed Farrah Fawcett to angel status.)

HER TIPS:

- **The detail that helps everyone?**

"Shirring on swimsuits hides all types of sins."

- **Stick to a classic.**

"Good swim styles are timeless. The

Farrah suit has lasted because it's flattering on most women. The high-cut leg opening is lengthening, and the low back gives the illusion of wide shoulders, which in turn makes your hips look narrower."



OMO Norma Kamali, \$98; normakamali.com. Sizes: S to XL.



Her icon:

"Farrah was so sweet. When you're in a suit, smile!"

Shoshanna Gruss

In 2001, fired up by her own fitting-room struggles, the curvy designer launched a line that included extended sizes and tops with extra support for busty women.

HER TIPS:

- **The best tops for larger chests are...**

"Banded halter styles or underwire-bra tops. They'll give you the best support. Also, look for darting in the cups—they'll keep their shape better so your chest never looks flattened."

- **Strike a good balance.**

"A top that covers three quarters of your bust is just the right amount of appropriate and pretty."

• Accessorize. "I love wearing delicate gold jewelry, like a long charm necklace, at the beach. It personalizes and completes your look."



Shoshanna, top, \$136, bottom, \$92; Lord & Taylor. Sizes: top, P/S A to M/L DDD, bottom, P to XL.



Her icon:

"Brigitte Bardot—a lesson in celebrating your curves!"



FLATTER LAW #5:

PICK THE PERFECT RUFFLE

A frill down the front is all the flourish you need to feel stylish but still look sleek.

One-piece, DKNY, \$112; Lord & Taylor. Sizes: 6 to 16. Hat, Merona for Target, \$14.99; target.com.

Your BODY'S BEST suit



small bust + full thighs

Stripes fill out the top half and balance the bottom half.

"This plays up my shoulders, and it's great for my legs."
—Cassie, 36

Ann Taylor, top, \$64, bottom, \$58; anntaylor.com.
Sizes: XXS to XXL.



long torso + tummy pooch

Color-blocking fakes perfect proportions.

"I love how the darker sides make me look skinny in the middle!"
—Leora, 36

Hobie, \$50; hobiesurfshop.com.
Sizes: S to XL.



classic apple shape

A wrap suit, like a wrap dress, carves out a pretty waist.

"Nice! This finally gave me an hourglass figure."
—Nancy, 35

La Blanca, \$123; Macy's.
Sizes: 4 to 16.



flat chest + long torso

The halter creates a fuller bustline, while high-cut legs balance your proportions.

"This gave me instaboob—plus the print is so much fun."
—Amalia, 28

Boden, \$70; bodenusa.com.
Sizes: 2 to 16.



wide hips and thighs

With a bra-style top, a swim skirt is amazingly alluring.

"I'm totally shocked: This is sexy on me, not frumpy."
—Elaina, 37

Maidenform Beach, top, \$56, bottom, \$58; Macy's. Sizes: top, 34B to 38D, bottom, S to XL.



full rear + short legs

The high cut lengthens legs; the gleamy shoulder draws eyes up.

"Wow, I look sleek! This one-shoulder thing is really hot."
—Yojaida, 38

Vince Camuto, \$98; vincecamuto.com.
Sizes: 4 to 14.



big bust + short torso

Low-slung bottoms elongate your midriff, while the top keeps you stable.

"The fold-over waistband is great. Buh-bye, muffin top!" —Dayna, 27
Ujena Swimwear, \$89; ujena.com.
Sizes: S to 2X.



boyish, athletic build

Ruffles add curves in all the right places.

"This gave me back the bust I used to have. And it's cute!"
—Sue, 46

Kenneth Cole Reaction, top, \$56, bottom, \$48; swimoutlet.com.
Sizes: S to XL.



full chest + short legs

A higher waist visually moves the start of your leg up.

"I feel leggy—and not top-heavy. Perfect."
—Rebecca, 29

Volcom, top, \$48, bottom, \$38; zappos.com.
Sizes: XS to XL.

We recruited 12 readers, mixed up margaritas (we went through three pitchers!), and got them into hundreds of suits to find these precision flatterers. Let their research revolutionize your summer.



small chest + full hips

The classic string bikini is adjustable, so it fits like a glove. "Nothing's too tight or loose, and I love how the stripes made me seem bustier." —Stephanie, 31
Op, \$8 per piece; Walmart. Sizes: XS to XL.



extra-curvy hourglass

This has an uplifting top and a tummy-friendly waistband. "It's the ideal bikini if you're not super-skinny." —Jane, 40
Bleu Rod Beattie, top, \$75, bottom, \$49; Lord & Taylor. Sizes: 4 to 14.



classic pear shape

It smooths the midsection and highlights your shoulders. "The sweetheart top makes my neckline look really pretty." —Mariella, 28
Vineyard Vines, \$115; vineyardvines.com. Sizes: XS to XL.



FLATTERY

LAW #6:

BARE A SINGLE SHOULDER

One-shouldered suits are seductive without going skimpy. One-piece, Kenneth Cole, \$107; amazon.com. Sizes: S to XL.



Antibiotics are not candy

But we pop them like Skittles, and if we keep it up, they'll soon become useless against potentially lethal superbugs (imagine this: fatal UTIs).

Erin Zammett Ruddy lays out the problem, the risks, and the unexpectedly simple solutions.

On New Year's Eve 2009, Jacquie Allen, 42, was told by doctors that her son Brody might not live through the night. What started a few days earlier as a strange pimple on his knee had morphed into a full-blown attack on the 12-year-old's body. "One day he was perfectly healthy and the next he was in septic shock," says Jacquie, who lives in Southern California with her husband and their five children. "He became completely swollen and jaundiced, and his organs were failing. They tested him for everything, but no one could figure out what was wrong. I felt like I was on an episode of *House*." Finally, doctors determined that Brody had methicillin-resistant staphylococcus aureus, or MRSA. It's a type of staph (a bacteria many of us have on our skin) that has become resistant to most antibiotics and can cause infections that are hard to diagnose, tricky to treat, and sometimes fatal. The infection quickly spread to Brody's joints. "They pumped him full of antibiotic after antibiotic, but nothing was working," Jacquie

says. Eventually, Brody's elbow became so inflamed that the only option was risky surgery. "The surgeon came in and said, 'Your son is going to die if we don't get that infection out now.'"

Brody made it through the surgery, but the MRSA was unrelenting. It took two more major operations to remove the infected tissue and stop the MRSA's spread. The Allens spent 19 days in the ICU. Before they left, Brody had a catheter implanted in a large vein in his arm so his parents could administer high doses of strong, specialized antibiotics around the clock for the next four months. He was told he'd never have full use of his arm again.

The doctors were wrong: Brody ultimately recovered completely, and now pitches for his Little League baseball team with the arm he almost lost. But we should all commit his story to memory, particularly any of us who have ever taken an antibiotic "just in case," or called the doctor asking for a prescription to help our child kick a stubborn cough. You see, every time we use an antibiotic, we

give bacteria a chance to adapt and outsmart the medicine, explains Margaret Mellon, Ph.D., senior scientist of the Food and Environment program at the Union of Concerned Scientists. The bacteria develop and share resistance, so the next time they come in contact with the drug, it's a little less effective. There are already numerous strains that have outsmarted some of our strongest meds, and a few that are immune to virtually *all* of them.

The problem is cultural as well as medical. Americans take antibiotics carelessly, prophylactically, almost recreationally, and our overuse is creating superbugs that no drug will be able to kill. My friend Amy, who sold Zithromax (or the Z-pak, as this popular antibiotic is known) at points in her career as a drug rep, says, "At parties, people thought it was extremely impressive

faster and keep them from getting sick in crowded conditions. (To find out more about this part of the problem, see sidebar at right.) The United States Food and Drug Administration is finally starting to tackle agricultural use of antibiotics, but the rest is in our hands, and our doctors'. Preserving the effectiveness of antibiotics is "a huge public health issue," says Mellon, "and we need to start taking it more seriously right now."

The unkillable bug is coming

Ever get two days into your course of antibiotics, feel miraculously better, and think, *Wow, that's magic?* Well, it is. "When antibiotics came about in the 1940s, they completely transformed medicine, saving the lives of millions who would've died of these infections," says Arjun Srinivasan, M.D., a medical epidemiologist at the CDC. Moreover, without antibiotics, life-saving treatments like chemotherapy, organ transplants, and even simple surgeries would not be possible. "These drugs dramatically improve our lives," says Srinivasan. But the magic is at serious risk as resistant bacteria pick up steam.

MRSA is the most well-known superbug, but it's certainly not the only one. "We've seen new forms of resistant disease emerge

over the last decade, and they will keep coming until we can get a handle on the overuse of antibiotics," Mellon says. The CDC, for example, has warned of the potential threat of untreatable gonorrhea. The second most commonly reported infectious disease in the United States, it has become less susceptible to a strong class of antibiotics called cephalosporins, typically the last line of defense. There are also resistant strains of E. coli causing hard-to-treat urinary tract infections. (Believe it or not, one strain of antibiotic-resistant UTIs has been traced back to the chicken we eat.) When a UTI isn't stopped, it can progress to a kidney infection and then to a blood infection, says Lance Price, Ph.D., a microbiologist at the Translational Genomics Research Center

What illnesses actually need antibiotics?

YES	NO	MAYBE
Strep throat <i>(if it's confirmed with a strep test)</i>	Cold or flu <i>(they're viral, not bacterial, so antibiotics don't work)</i>	Ear infection <i>(depends on whether it's viral or bacterial)</i>
Pneumonia	Bronchitis <i>(likewise, it's almost always viral, not bacterial)</i>	Vaginal infections <i>(depends on type)</i>
Urinary tract infection		

that I had a Z-pak hookup." Some came right out and asked for samples, though she never caved. We pop antibiotics when we don't need them, we skip doses, we don't finish the full course because we feel better in six days instead of 10—and all those mistakes give the bacteria a chance to stick around and become resistant, explains Lauri Hicks, a medical epidemiologist and the director of the "Get Smart: Know When Antibiotics Work" campaign for the Centers for Disease Control and Prevention (CDC).

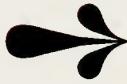
Consumers aren't the only problem: Another major contributing factor in this crisis is the overuse of antibiotics in the farming industry, Mellon says. It's standard practice to feed low doses of antibiotics to chickens, pigs, and cows to make them grow

The other major antibiotic issue: Farm animals

These drugs are also given to cows, chickens, and pigs—and it's hurting everyone's health.

Farmers feed their herds antibiotics, and not just when they're sick. On factory farms, for example, healthy broiler chickens ingest small doses of antibiotics (the same ones we need to cure human diseases) in their food daily to help them grow faster and prevent them from getting sick. "This would be like if your kids were going to day care and you said, 'Let's give them some antibiotics, just in case,'" says Gail Hansen, a public health advocate with the Pew Campaign on Human Health and Industrial Farming. Because the doses are so low, the antibiotics don't kill bacteria.

Instead, the germs develop resistance. Then the bugs are passed to humans (see right). Farming-industry groups point out that this practice is approved by the Food and Drug Administration. But there has been some news on that front recently: The FDA has announced it's working with drug companies and farmers to phase out the use of antibiotics for growth promotion over the next few years. Their aim is to require a vet's assessment to dole out meds. "There is much more that lies ahead," says FDA deputy commissioner for foods Michael Taylor, "but this is an important step."



HOW FARMS CONTRIBUTE TO SUPERBUGS



ANTIBIOTICS

Low doses of antibiotics are put into feed and water to spur growth and ward off illness.



ANTIBIOTIC-RESISTANT BACTERIA

develop in the guts of the animals.

Animal waste contaminated with bacteria migrates off farms: Flies and farmers carry it away; exhaust from barns blows it into the air; manure-based fertilizer taints crops.



Bacteria from animals' guts get onto meat during slaughtering and processing.



PEOPLE GET SICK

Humans handle and eat the meat and contaminated produce, breathe the air, and get antibiotic-resistant bacteria on their skin or in their bodies that can cause serious, hard-to-treat infections.



in Flagstaff, AZ. "Blood infections have a 40 percent mortality rate. You can basically flip a coin to see whether you'll live or die." Srinivasan cites another example: "A type of bacteria called carbapenem-resistant enterobacteriaceae, or CRE, has become resistant to all antibiotics," he says. If you pick up the infection, which can cause kidney, bladder, or blood infections, there is no treatment—and you're four times more likely to die from it than if you get a similar infection that isn't resistant to antibiotics.

Making matters worse, there are no new antibiotics in the pipeline. "It takes about a decade for a medication to go through the approval process, so we can be pretty sure we won't have new antibiotics to turn to when the current ones stop working," says Mellon. It's a real wake-up call; adds Srinivasan, "The doomsday scenario some doubters said would never arrive, in some cases, is already here."

Even when it's not life-threatening, dealing with a stubborn infection is frightening. I know firsthand: During the month I breastfed my son, Alex, I had repeated bouts of mastitis, an infection common in nursing moms. I went on antibiotic after antibiotic, but the infection kept returning—because, it turns out, it was MRSA. I got on a specialized (as in \$7,000) antibiotic and had a few surgical procedures on my breast, which cleared the bacteria. Meanwhile, Alex was battling the superbug too—he got it from the hospital nursery and gave it to me—constantly erupting with boils in his diaper area that had to be drained and treated. In the four months we dealt with MRSA, I spent \$800 in copays alone. But that was nothing compared to the emotional toll. Every blemish we saw on Alex's body led us into a *what-if-it's-MRSA?* spiral. As if caring for a tiny new human weren't stressful enough.

Forgetting the personal price of these run-ins with superbugs, "the loss of effective antibiotics is also a huge drag on our economy," says

Mellon. One recent study pegs the cost to the U.S. health-care system at upwards of \$26 billion a year. The good news is we can do something about it. "The better we use antibiotics, the less of an opportunity we give these bacteria to develop and spread," says

Srinivasan. "If you do a really good job of reducing antibiotic use, not only do you hold resistance steady, you can actually see it go down." In other words, we have the power to reverse this crisis. And we *must*.

You—and your doctor—can help

Saving ourselves from the scary but all-too-real attack of the superbugs means we have to change our

habits and attitudes, fast. "We're a society that seeks a quick fix to every problem," says Hicks, "and for a long time, people have thought that the magic pill for any illness is an antibiotic." But antibiotics only work on bacteria, not viruses—meaning they do nothing for a cold, the flu, bronchitis, and even most sinus infections. (See "What Illnesses Actually Need Antibiotics?" page 150.) Doctors know this, of course, but they often dole out the meds anyway, mostly to please their patients. "People get a runny nose and think they must have an antibiotic," says Srinivasan. "They either ask for it outright or the doctor thinks, *Oh, if I don't give her a prescription, she'll be disappointed.*" It seems crazy, but fear of letting down a patient can compel a doctor to grab her prescription pad. "We've also heard from doctors that not writing a prescription would take additional time, because they'd have to sit and explain to the disgruntled patient why she doesn't need it," says Hicks. My friend Liz only has to call her doctor and say, "I think I have strep," and a prescription arrives at CVS within the hour. She also takes a Z-pak with her on vacations just in case she gets sick. That overuse may have caught up with her: Liz often comes down with bronchitis in the winter, but this year, it turned into pneumonia. She needed two types of antibiotics and an anti-inflammatory steroid to clear it. It's a lesson for all of us, reminds Hicks: You may not care about the larger public health threat, but if you want antibiotics to continue to work for you, use them sparingly.

Just as important, we need to quit stuffing our kids full of these meds at the first sign of a sniffle. Three out of 10 children who visit their pediatrician with a simple cold toddle out with a prescription. So when you or your kids see the doctor, let her know you're not desperate for a script, that you just want advice on the best way to treat the illness, suggests Hicks. When it comes to colds, instead of plying ourselves with drugs, we should be treating the symptoms with OTC meds and nasal sprays, and do what we results-oriented Americans hate most: wait it out.

The point is not to avoid antibiotics at all costs, it's to use them correctly. This is the idea behind the CDC's "Get Smart: Know When Antibiotics Work" campaign,



with the arguably catchy line "Snort, sniffle, sneeze, no antibiotics, please!" The message seems to be making its way into the national dialogue. It even showed up last season in a scene on *30 Rock*: When Jack told Liz Lemon to take something for her cough, she deadpanned, "I'd rather see if it gets better on its own. Do you want me to go on my antibiotic rant? It's endless. You'll beg for death." Go ahead and rant, experts say. "This truly is a national emergency," warns congresswoman Louise M. Slaughter. She introduced the Preservation of Antibiotics for Medical Treatment Act, a bill that limits the use of antibiotics on farms to treating sick animals. But five years later, Congress has yet to pass it. "We're taking what I think was the best medical breakthrough of the last century and destroying its efficacy," she says. "But if we band together, we have the power to solve this problem." ®



Please, join the fight against superbugs

1 Use antibiotics correctly. Work with your doctor to determine if an antibiotic will truly help what's ailing you, then follow her instructions. Any time you skip doses, don't finish a course, or drink alcohol when you're on the meds, you make the antibiotic less effective and give bacteria a chance to become resistant.

2 Buy meat labeled "raised without antibiotics" or "organic." Those exact phrases mean that antibiotics were not given to the animal needlessly. Watch out for wording; labels that say "all natural" guarantee

nothing. Some good, antibiotic-free brands: Applegate Farms, Murray's Chicken, Bell & Evans, and Niman Ranch. Can't find these in your market? Tell your grocer to stock up and that you and your friends will buy! Also ask your kids' school to serve meat that was raised without antibiotics. (Go to saveantibiotics.org to download a letter you can send.) Chicago Public Schools just became the largest district in the country to do this.

3 Ask your favorite restaurants if they use meat raised without antibiotics. If a company like Chipotle can do it, why

can't others? "Things will only change if we ask for changes," says Gail Hansen, a public health advocate with the Pew Campaign on Human Health and Industrial Farming.

4 Spread the message. "Like" the group "Moms for Antibiotic Awareness Campaign" on Facebook, and get friends to do the same. Awareness is key: Most people have no idea which illnesses require antibiotics, nor do they know how much the drugs are used in food animals. "Unless you grew up on a farm, why would you know that?" says Hansen.

5 Tell Congress to pass a law. The Preservation of Antibiotics for Medical Treatment Act would withdraw the use of antibiotics that are vital to humans from food-animal production unless the animals are diagnosed with illnesses. Says U.S. Representative Louise M. Slaughter, who introduced the bill: "Send a letter to your member of Congress—along with this article!—and tell them to sign the bill and get it passed." Personalize your own letter at saveantibiotics.org/moms/action.html, then get your reps' addresses at senate.gov and house.gov.



BEAUTY BY THE MINUTE

Whether you have a few moments to spare or barely a second, there's a perfect summer makeup look for you. Here are four fast-track ways to get fresh and glowy (with a dash of cool)—all in good time.

By Kayleigh Donahue Photographed by Jonty Davies

IN 15 MINUTES...

Bring the drama with major eyeliner and juicy nails—the perfect balance of sexy and sweet. Pick a rich plum pencil, which is dark enough to define your eyes but easier to wear than black, and line your lashes, top and bottom. Start light and go as Cleopatra-esque as you want; finish by flicking up the line slightly at the outer corners (our favorite eye-lifting trick). Then even things out with a shimmer-free powder bronzer swept along your cheekbones and a pink-tinted lip balm. Final touch: Paint your nails a ripe tangerine color. *Dee-licious.*

◀ **GET THE LOOK** Clockwise from left: Essie Nail Polish in Vermillionaire, \$8; Bobbi Brown Bronzing Powder, \$35; Rimmel London Kajal Eyeliner in Purple Passion, \$3.33.





IN 5 MINUTES...

Try an all-over mix of peach and gold makeup: These romantic, sunset colors flatter everyone. Rub a peach (or coral, if you have darker skin) cream blush along your cheeks. Then brush a copper-gold shadow on your lids up to the creases; for extra oomph, lightly dust it up to your brow bones. Top it all off with a swipe of creamy peach lipstick.

◀ GET THE LOOK

From top: CoverGirl LipPerfection Lipcolor in Rapture, \$6.50; Too Faced Exotic Color Intense Eye Shadow in Copper Peony, \$18; Avon Be Blushed Cheek Color in Blushing Nude, \$8.

IN 2 MINUTES...

Throw on a bright lipstick—it's the express (and foolproof) route to looking polished. First, smooth a drop of tinted moisturizer all over your face, which adds warmth to balance a strong mouth. Then go for a vivid orange-y red lipstick: It's fresh *and* looks nice on all skin tones. Apply it with your finger to mute the shade, or slick it straight on for a striking punch of color.

GET THE LOOK ▶

From top: Elizabeth Arden Pure Finish Mineral Tinted Moisturizer SPF 15, \$30; MAC Cosmetics Lipstick in Lady Danger, \$14.50.



FAR RIGHT, FROM TOP: CHRISTOPHER COPPOLA/STUDIO D, J MUCKLE/STUDIO D (2).

FIVE UNDER-A-MINUTE IDEAS

HIGHLIGHT THE GOOD PARTS

Have the complexion blahs? Dust highlighter on the tip of your nose, the top of each cheekbone, and in your cupid's bow (that indentation between your nose and upper lip). It's like a 30-second facial—instant radiance. (We like L'Oréal Paris True Match Naturale Mineral Glow, \$15.25, right.)



MAKE THE MOST OF YOUR MAKEUP

In a pinch, any shimmer-free pink or peach lipstick easily doubles as a cream blush. Or use the same colors of cream blush on your pucker. Try Estée Lauder Pure Color Crystal Lipstick in Rose Petal, \$25, right.



COUNT ON CONCEALER

When foundation is a faraway dream, fake it with a concealer that's one shade lighter than your skin and contains light-reflecting pigments (we like Almay Wake-Up Under Eye Concealer, \$8.99). Blend a few dots at the inner corners of your eyes, one at each outer corner (skip it here if you have crow's-feet), and on any dark under-eye skin. Pat it on the red spots around your nose and your chin and... flawless!



BRUSH UP YOUR BROWS

This tiny move gives your whole face such a lift, you can skate by with little else. Just use a spooley brush to sweep up brow hairs toward your hairline, then spritz a tiny bit of hairspray on your finger and pat it along your arches to keep them in place all day.

BE A BRONZER GENIUS

Along with giving you a happy glow, bronzer can make your eyes and teeth look brighter. Swirl a powder formula in circular motions.

IN 1 MINUTE...

Yes, you can get *this* fresh and pretty: Brush on black mascara for eye-opening magic, and go rosy on your cheeks and lips—the natural-looking color takes zero precision to put on. Use a cream blush (it's sheerer than powder, so blending is a cinch) and a tinted lip balm, which moisturizes and adds color in one swipe. See ya later, beautiful!

◀ GET THE LOOK From left: Sonia Kashuk Super Sheer Liquid Tint in Peony, \$9.79; Revlon Just Bitten Kissable Balm Stain in Lovesick, \$8.99.



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GOOD TO EAT

EASY, HEALTHY FOOD EVERYONE WILL LOVE



You can grill that?

Pizzas, pork, even salad—they all taste better when you fire them up. So go ahead and take it outside!

Plus: Healthy **snacks** for every craving • Great ideas for ground **turkey**

GRILL SPECIAL

Burgers and dogs? Been there, done that—a million times. Tonight, up the ante on **outdoor cooking** with these unexpected, way-impressive dinners. Then turn to page 167 for the hottest new grilling gear.

(from previous page)

Grilled pizza with soppressata, Ricotta, and spinach

Prep time: 30 minutes
Cooking time: 10 minutes

- 2 (8-oz) portions pizza dough
- $\frac{2}{3}$ cup marinara or pizza sauce
- 3 medium yellow or orange tomatoes, thinly sliced, seeds removed
- 6 oz thinly sliced sweet soppressata or Genoa salami

- 3 Tbsp grated pecorino or Parmesan cheese
- 6 oz fresh mozzarella, thinly sliced, torn into smaller pieces
- 1 cup part-skim Ricotta cheese
- 1½ cups spinach leaves

1. Heat a gas grill on medium or prepare a medium fire in a charcoal grill.
2. On a floured surface and with floured fingers, spread and flatten each portion of dough with your hands into a circle
3. Oil the grill grate. Lightly coat the top of one portion of dough with olive oil cooking spray. Invert dough directly onto hot grill and carefully peel off parchment. Repeat with second portion of dough. Close grill lid and let cook 2 to 4 minutes.
4. Open grill. The underside of the pizzas

about 1/8-inch thick. Place each piece of stretched dough on a sheet of nonstick parchment and refrigerate, stacked, until you're ready to grill.

5. Remove crusts from grill (and close grill again). Quickly spread each pizza with half of the marinara sauce, tomato slices, soppressata, pecorino, and mozzarella. Spoon half of the Ricotta in 1-Tbsp dollops onto each pizza.

should be crusty and well browned, and have grill marks. The top of the crusts should be bubbled up with air pockets and look dry. Flip crusts over. Close lid and grill 1 minute longer to set second side.

6. Slide topped pizzas back onto grill. Close the lid and grill them 2 to 3 minutes longer, or until bottoms begin to char and cheese bubbles. Remove to plates. Top each with half of the spinach leaves and a drizzle of extra-virgin olive oil. Let rest a few minutes before cutting in half and serving.

Makes 4 servings.
Each serving (½ pizza):
734 cal, 33 g fat,
37 g protein, 66 g carb.

Grilled Mediterranean salad

Prep time: 20 minutes
Cooking time: 10 minutes

- $\frac{3}{4}$ lb baby Yukon gold potatoes
- 1 lb mixed zucchini and yellow squash, halved lengthwise
- $\frac{1}{2}$ lb asparagus, ends trimmed
- 1 (8-oz) head radicchio, halved or quartered
- 1 tsp kosher salt
- $\frac{1}{2}$ tsp ground pepper
- 1 pint mixed heirloom baby tomatoes, halved
- $\frac{3}{4}$ cup torn basil leaves
- $\frac{1}{2}$ cup pitted kalamata olives, halved
- 3 oz Ricotta Salata cheese, crumbled (¾ cup)
- 2 Tbsp each extra-virgin olive oil and white balsamic vinegar

1. Boil potatoes in a saucepan until almost tender when pierced with a skewer, about 10 minutes. Drain and

place on paper towels to cool completely. Halve potatoes.

2. Heat a gas grill on medium or prepare a medium fire in a charcoal grill. When ready to grill, oil grill grate. Lightly coat squash, asparagus, and radicchio with olive oil cooking spray and season with salt and pepper. Grill them and the potatoes 8 to 10 minutes, turning with tongs two or three times, until lightly charred on all sides and tender.
3. Transfer potatoes to a large bowl. Transfer vegetables to a cutting board. Cut squash crosswise into 1-inch pieces, cut asparagus into thirds, and remove core from radicchio and cut crosswise into thick slices. Put vegetables in bowl with potatoes and cool to room temperature. Add remaining ingredients and gently toss to combine.

Makes 4 servings. Each serving: 340 cal, 20 g fat, 11 g protein, 33 g carb.



Grilled pancetta shrimp with fruit salsa

*Prep time: 30 minutes
Cooking time: 15 minutes*

Cilantro-lime glaze

$\frac{1}{2}$ cup fresh lime juice
(from 6 to 8 limes)

$\frac{1}{4}$ cup each honey and water

$\frac{1}{2}$ cup cilantro sprigs, lightly smashed with the side of a knife

$\frac{1}{4}$ tsp each kosher salt and freshly ground black pepper

Skewers

8 thin slices pancetta (4 oz), halved

16 extra-large fresh (or frozen and thawed) shrimp (1 1/4 lb), peeled and deveined, shells removed and tails intact

Fruit salsa

2 large jalapeño chiles, halved, seeded
3 (1-inch-thick) slices cored pineapple

2 medium firm-ripe nectarines, sliced in half and pitted

2 medium firm-ripe plums, sliced in half and pitted

$\frac{1}{4}$ cup chopped cilantro

2 Tbsp diced red onion

$\frac{1}{2}$ tsp kosher salt

1. Glaze: Bring lime juice, honey, and water to a boil in a small saucepan. Boil 5 minutes or until reduced to about $\frac{1}{3}$ cup. Add cilantro, salt, and pepper. Let glaze steep at room temperature 30 minutes, then discard cilantro.

2. Skewers: While glaze is cooling, wrap a piece of pancetta around each shrimp. Thread 4 shrimp each onto 4 metal or bamboo skewers. Heat a gas grill on medium-high or prepare a medium-high fire in a charcoal grill.

3. Salsa: Oil the grill grate. Lightly coat chiles, pineapple, nectarines, and plums with olive oil cooking spray and place, cut sides down, directly on grill. Grill chiles and pineapple 8 to 10 minutes, turning, until lightly charred and tender. Grill stone fruit about 6 minutes, turning once, until lightly charred. Transfer chiles and fruit to a cutting board and cut into $\frac{1}{2}$ -inch dice. Toss in a bowl with cilantro, red onion, salt, and 2 Tbsp of the cilantro-lime glaze.

4. Lightly coat shrimp with olive oil cooking spray. Grill skewers 2 to 3 minutes per side, brushing with remaining cilantro-lime glaze, until pancetta is crisp and shrimp cooked through. Serve with salsa.

*Makes 4 servings.
Each serving (4 shrimp with $\frac{1}{2}$ cup salsa):
215 cal, 10 g fat,
10 g protein, 23 g carb.*

GRILL SPECIAL



Porchetta-style grilled pork loin

Prep time: 30 minutes
(plus 6 to 24 hours of marinating)

Cooking time: 90 minutes

- 2 lb boneless pork loin roast with fat layer
- 3 Tbsp extra-virgin olive oil
- 1/4 cup minced shallots
- 1 1/2 Tbsp minced garlic
- 1 Tbsp each chopped dried fennel seeds and fresh rosemary

- 2 red Fresno chiles or cherry peppers, finely chopped, with seeds
- 1/4 cup finely chopped parsley
- 1 1/2 tsp each grated lemon zest and kosher salt
- 1 large fennel bulb, cut into 1/2-inch-thick slices through the core
- 12 small mixed baby bell peppers, halved, seeded
- 4 plum tomatoes, halved
- 1/2 tsp freshly ground pepper

1. Place pork, fat side up, on a cutting board. With a knife parallel to the board, make a cut lengthwise through the pork, stopping about 1 inch from the edge. Open it flat like a book. Cover pork with plastic wrap and pound with a mallet to an even 3/4-inch thickness.
2. Heat oil in a large skillet over low heat. Add shallots, garlic, and fennel seeds. Cover and let mixture soften

for 4 minutes, then stir in rosemary and chiles. Continue to cook 2 minutes. Scrape mixture into a bowl and add in parsley, lemon zest, and 1/2 tsp of the salt. Cool herb mixture and spread all but 2 Tbsp of it over the inside of the loin. Starting at a long side, firmly roll pork into a tight cylinder. Tie with kitchen string at 1-inch intervals. Spread remaining herb mixture over outside of

roast. Cover in plastic wrap and marinate in refrigerator at least 6 hours, up to 24 hours.

3. Set up a grill for indirect grilling. (If you have a charcoal grill, push coals to one side and cook on the other. If you have a gas grill, light half of it and cook on the other.) Place a drip pan under the grate and heat grill to medium. When ready to cook, oil grill grate. Place pork on grill over drip pan. Close lid and grill pork, turning every 20 minutes, until a meat thermometer registers 150°F, about 75 minutes.

4. Transfer pork to a cutting board and tent with foil; let rest for 15 minutes. Meanwhile, lightly coat fennel, peppers, and tomatoes with olive oil spray. Grill fennel 15 minutes, peppers 10 minutes, and tomatoes 5 minutes, until tender and lightly charred.

5. Season pork and vegetables with remaining 1 tsp salt and pepper. Remove strings from pork and slice thinly across the grain. Drizzle with extra-virgin olive oil for more flavor and serve with grilled vegetables.

Makes 4 servings, with leftovers. Each serving (4 oz pork): 399 cal, 23 g fat, 32 g protein, 18 g carb.



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Pan-grilled clams with smoky sausage and tomatoes

Prep time: 20 minutes
Cooking time: 22 minutes

- 3 ears shucked corn, each cut crosswise into 4 pieces
- 8 oz Portuguese linguica sausage (or any smoked mild sausage, like kielbasa)
- 1 large poblano chile (6 oz), halved, seeded
- 4 thick scallions
- 4 large plum tomatoes, halved, seeded, and cut into $\frac{1}{2}$ -inch dice
- 2 Tbsp each extra-virgin olive oil and softened unsalted butter
- 4 cloves garlic, very thinly sliced
- 6 sprigs fresh thyme
- 3 dozen small clams (littleneck or Manila), scrubbed
- 1 cup each bottled clam juice or chicken stock and dry white wine
- $\frac{1}{2}$ cup chopped Italian parsley

1 tsp grated lemon zest, plus 1 Tbsp lemon juice

1. Heat a gas grill on medium or prepare a medium fire in a charcoal grill.
2. Thread corn onto 3 12-inch metal skewers. Lightly coat corn, sausage, chile, and scallions with olive oil cooking spray. Add corn and sausage to grill; cover and grill 5 minutes, turning twice. Add chile and scallions and grill uncovered, turning, until everything is lightly charred and just tender, 5 minutes longer. Remove to a cutting board and let cool.
3. Place a 13x9x3-inch heavy-duty disposable foil baking pan in the middle of the grill. Add half of the plum tomatoes, olive oil, butter, sliced garlic, and thyme, stirring to incorporate butter as it melts. Cook until mixture begins to sizzle and garlic softens, about 2 to 3 minutes.



Add clams in a single layer; pour clam juice and wine over them. Cover grill and cook until clams start to open, about 6 minutes.

4. Meanwhile, slice sausage, chile, and scallions and add to clam

mixture along with corn pieces and remaining tomatoes. Cover grill and continue to cook 4 to 5 minutes until clams are fully opened (discard any that don't open). Remove pan from grill and stir in parsley, lemon zest, and

lemon juice. Spoon into large bowls, dividing the broth evenly. Serve with garlic bread.

*Makes 4 servings.
Each serving: 473 cal,
32 g fat, 29 g protein,
22 g carb.*

6 more things that are better when grilled

BRUSCHETTA The smokiness of grilling makes the bread so much yellower. Start with a good-quality baguette, sliced. Brush both sides of each slice with olive oil, then rub them with half of a garlic clove. Toast on the grill, then top with a mixture of chopped tomatoes and mozzarella.

HALOUMI CHEESE This Greek cheese has a slightly rubbery texture and salty flavor, and it only gets tastier on the grill. Brush with olive oil and grill until golden (don't worry, it won't drip), about 2 minutes per side. Drizzle with fresh lemon juice. Slice and eat alone or add to a tomato and basil salad.

QUESADILLAS Cover a flour tortilla with shredded Mexican cheeses, fresh or canned sliced poblano chiles, and (optional) shredded rotisserie chicken. Top with another tortilla and carefully place on grill. Cook until browned on both sides and cheese is melted.

FISH IN PARCHMENT Place any white flaky fish fillets in parchment with some zucchini, yellow squash, or mushrooms. Season with white wine, olive oil, and salt and pepper. Wrap up and grill for about 10 minutes.

STEAK... ANOTHER WAY Brush both sides of a steak with olive oil. Place in a

hot cast-iron skillet on a hot grill and sear $1\frac{1}{2}$ minutes per side. Remove steak from skillet and finish cooking directly on the covered grill. This way, the juices get sealed in; plus, the fat drips into the skillet for fewer flare-ups.

BANANAS! Cut unpeeled bananas in half lengthwise. Drizzle cut sides with honey and brown sugar and grill, until caramelized, 2 minutes. Turn and grill skin sides for 5 minutes. Remove and peel. Then try our take on British banoffee pie: Put sliced grilled bananas in cups and top with Nutella, whipped cream, crumbled graham crackers, and chopped toasted pecans.



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GRILL SPECIAL

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Hot stuff

Handy grilling gadgets for the keeper of the flame in your home.

GET SAUCED

Take your marinade from kitchen to grill without spilling (the lid has a built-in brush), then pop it in the fridge, as is. Bistro saucepot, \$25; bodum.com.



Actual size:
2 1/2 inches



ITY BITTY GRILL LIGHT

Firing steaks in the dark: never a good idea. Instead, stick this magnetic, adjustable mini LED lamp to your grill's lid. Barbecue light, \$8.99; bedbathandbeyond.com.

THE AMAZING CHICKEN TRICK

For a 10-times-juicier bird, stick a half-full beer into position and lower a chicken vertically on top. For our recipe, go to redbookmag.com/beerchicken. Beer can chicken roaster, \$29.69; wayfair.com.



PHILIP FRIEDMAN/STUDIO D.

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LOOK, COOK, EAT!

Ground turkey, all spiced up Fun, fresh, and nearly instant dinner ideas for the one thing every woman has in her freezer.



Turkey tikka burgers

1. In a small bowl, mix together yogurt and chutney.
2. In another bowl, gently combine turkey, grated zucchini, curry paste, $\frac{1}{2}$ tsp salt, and $\frac{1}{4}$ tsp pepper. Form into 8 patties, about 3 inches in diameter.
3. Spray a large nonstick skillet with olive oil cooking spray. Over medium heat, cook patties 6 to 7 minutes per side until cooked through, or 165°F at the center. Meanwhile, sprinkle zucchini slices with salt and pepper to taste. Place in the same skillet and cook on both sides, 5 minutes or until browned. Remove zucchini and toast buns in pan for 1 to 2 minutes.
4. Spread 1 Tbsp of the yogurt mixture on the bottom half of each bun, and, if you want, add lettuce, tomato, and a red onion slice. Put burger and zucchini slices on top. Spread remaining yogurt mixture on top halves of buns. Side idea: Serve with sweet potato fries.

Makes 4 (2-burger) servings. Each serving: 403 cal, 12 g fat, 30 g protein, 45 g carb.



Texas turkey tacos

1. In a large skillet, heat 1 Tbsp canola oil over medium heat. Add turkey and cook, breaking it up with the back of a spoon, until no longer pink, 6 to 7 minutes. Stir in salsa and cook until salsa is heated, about 3 minutes.
2. Spoon turkey mixture into taco shells. Top with cheese and lettuce and serve with guacamole.

Makes 4 servings. Each serving: 419 cal, 24 g fat, 23 g protein, 29 g carb.

—RECIPES BY BARBARA CHERNETZ





pheel refreshed

PHILADELPHIA Summer Potato Salad

Prep Time: 30 min. plus refrigerating

Total Time: 1 hour 30 min. (incl. refrigerating)

Makes: 22 servings, about $\frac{1}{2}$ cup each

What You Need

- 3 lb. baby red potatoes, quartered
- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ cup KRAFT Zesty Italian Dressing
- 1 tub (10 oz.) PHILADELPHIA Reduced Fat Italian Cheese & Herb Cooking Creme
- $\frac{1}{4}$ cup KRAFT Shredded Parmesan Cheese
- 1 $\frac{1}{2}$ cups cherry tomatoes, halved
- 2 stalks celery, sliced

Make It

Place potatoes in 2-qt. microwaveable dish. Add water; cover. Microwave on HIGH 12 to 15 min. or until tender; drain. Place in large bowl. Toss with dressing. Refrigerate 1 hour until cooled. Add remaining ingredients; mix.

Spoon it in and make an ordinary dish, anything but.
pheel the moment

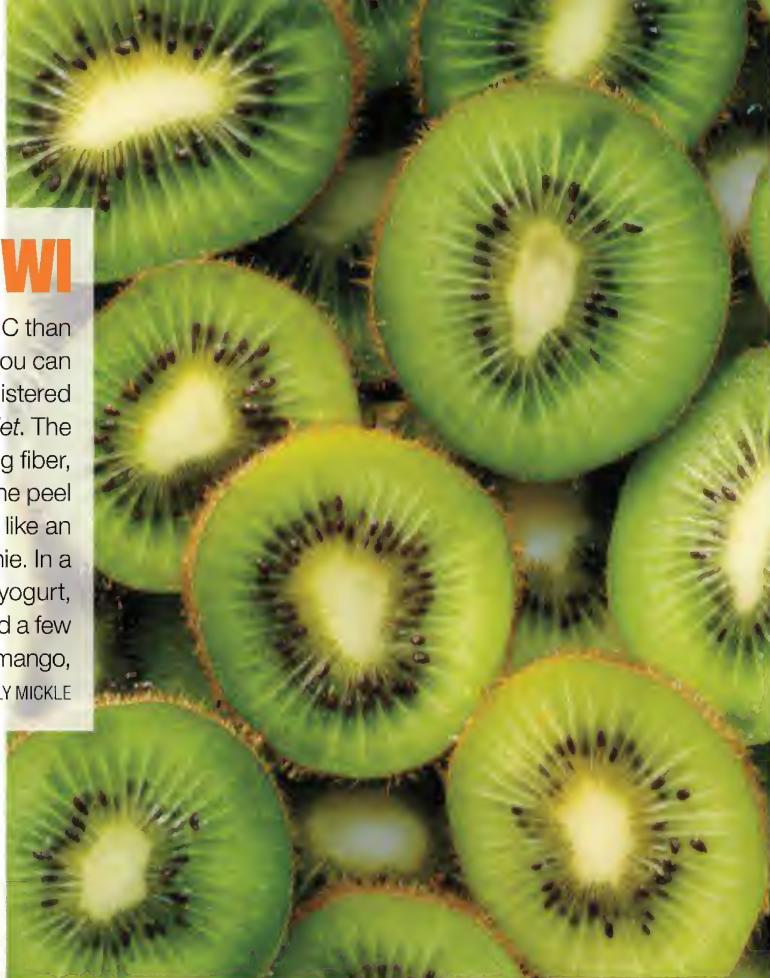
cookphilly.com



100% GOOD FOR YOU

JUNE'S SUPERFOOD: KIWI

Little-known kiwi facts: One of them has more vitamin C than an orange, and if you wash it and rub off the fuzz, you can totally eat the skin. In fact, you should, according to registered dietitian Keri Glassman, author of *Slim Calm Sexy Diet*. The flesh of the fruit has 2 grams of heart-healthy, satisfying fiber, but eat the skin and you get an extra 4 grams. "The peel is softer and thinner than you'd expect—just eat it like an apple," she says. Another idea: Make a tangy smoothie. In a blender, combine ½ cup nonfat plain or vanilla yogurt, 1 kiwi, 6 strawberries, 1 banana, ½ cup orange juice, and a few ice cubes. Blend on high. Or, chop a couple kiwis with mango, tomato, and red onion for a fruity salsa. —KELLY MICKLE



Happiness in a glass

You know those days when you're so busy that you forget to eat, drink, and sometimes even pee? None of that is great for you, but researchers from the University of Connecticut in Storrs say that not drinking is the biggest problem. They found that even mild dehydration—the kind where you aren't even thirsty yet—significantly affected women's moods, concentration, and levels of fatigue. So if you find yourself irritable and tired, you might want to hit the watercooler. —K.M.

CHEESE MATH

Diet experts are always telling us to "stick to an ounce" of cheese—but most of us aren't toting around a food scale. What does a proper portion look like? Here's your visual guide to becoming a cheese... whiz. (Sorry, couldn't be helped.) —K.M.



KIWI: PHOTOLIBRARY/GETTY IMAGES; WATER: TS PHOTOGRAPHY/GETTY IMAGES; CHEESE: CLOCKWISE FROM TOP LEFT: BRAND X PICTURES/GETTY IMAGES, JAMES BAIGIE/GETTY IMAGES, DAVIES AND STARR/GETTY IMAGES, MCT/GETTY IMAGES.

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Consult your physician before starting any diet or exercise program. Average waist circumference reduction when replacing meals with two cereal meals is 1.3 inches. Weight loss may vary. © 2017 Kellogg North America.



HUNGRY GIRL'S FOOD FIX

Skinny snacks to eat on your sofa

What's couch time without munchies? Well, it's a nap! Hungry Girl Lisa Lillien tells you what to grab when you're feeling nibbly.

CRUNCHY

Sugar snap peas, baby carrots, red pepper strips, and celery are a great way to keep your chompers busy, especially when paired with low-cal hummus. Nasoya Super Hummus is fantastic: It has half the fat and twice as much protein as many brands. Or add a packet of ranch-dressing mix to fat-free Greek yogurt. And if you've never tried jicama, you're missing out! Just peel and cut into sticks—try it with salsa.



CHEWY

Most snack bars have one thing in common: lots of sugar and calories. But you can find some smart choices. A few of my faves are Quaker Chewy 90 Calorie Peanut Butter Granola Bar, Fiber One 90 Calorie Chocolate Bar, and Honey Nut Special K Cereal Bar. And jerky is a great pick if you want savory.

It's packed with filling protein and is surprisingly low in fat.

IF YOU'RE IN THE MOOD FOR...

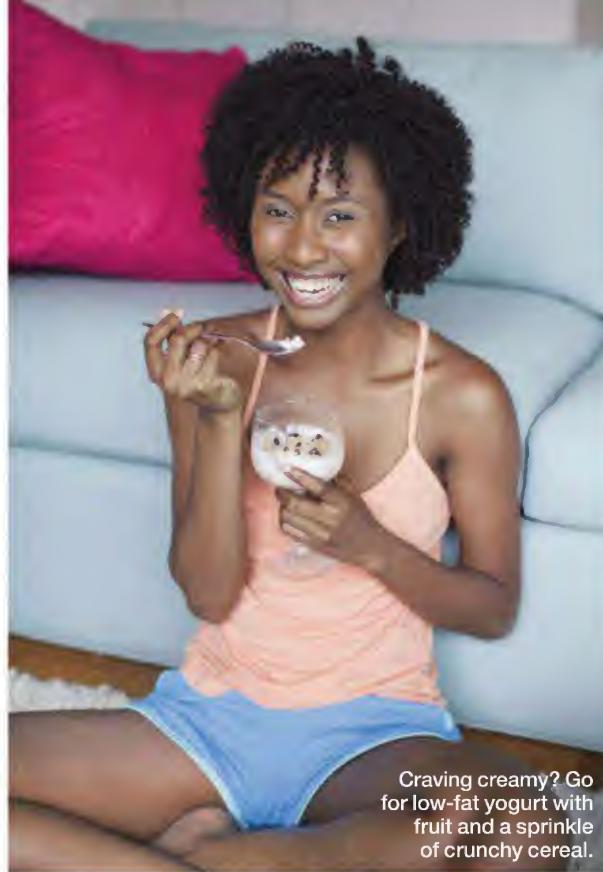
SWEET

This candy apple treat is amazingly satisfying: Cut up 1 apple (preferably a Fuji—it's the perfect blend of sweet and tart) and put the slices in a bowl. Drizzle with 1 Tbsp fat-free or light caramel dip, and sprinkle with 1½ tsp crushed dry-roasted peanuts, 1 tsp mini semisweet chocolate chips, and 1 tsp shredded sweetened coconut. This combo has 210 calories, which is perfectly reasonable for dessert.



SALTY

Avoid the calorie catastrophe that is a full bag of chips. Portion-controlled single-serving options are the way to go—like 100-calorie bags of Popchips. Need something that'll last a little longer? Try 94% fat-free microwave popcorn, like Orville Redenbacher's SmartPop. You can have a big bowl—5 cups—for around 100 calories and 2 grams of fat. Now, what's on TV?

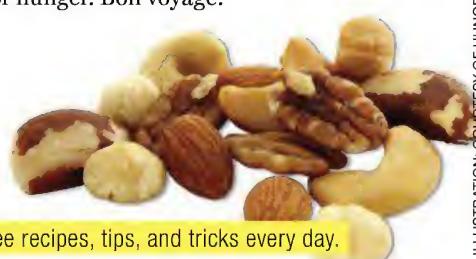


Craving creamy? Go for low-fat yogurt with fruit and a sprinkle of crunchy cereal.

Ask Hungry Girl

Q I always eat terribly when I travel. I swear, the second I step into an airport, all bets are off. Help!

A I travel a lot and have learned plenty. Starbucks has some terrific breakfast options for about 300 calories, like their yogurt parfaits and egg-white wraps. The spinach-and-feta breakfast wrap is my hands-down favorite! For lunch, a premade salad can be a smart choice, but watch out for calorie-heavy toppers like cheese and creamy dressings. Need to go the fast-food route? The grilled chicken sandwich at McDonald's has a reasonable 350 calories; I order mine minus the bun and get it wrapped in lettuce. If you just need something small to hold you over on a short flight, the little bags of nuts that airlines dole out are fine—about 70 calories each—but don't call the flight attendant over for seconds and thirds, because the calories add up fast. And remember to stay hydrated, because it's easy to mistake thirst for hunger. Bon voyage!



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5 TRICKS TO... MAKE CELLULITE DISAPPEAR

PAGE 58: Estée Lauder Body Performance **Firming Body Creme**, \$40; Estée Lauder counters nationwide. Bliss Hot **Salt Scrub**, \$36; Bliss Spas, sephora.com. St. Tropez **Self Tan Bronzing Spray**, \$35; sttropeztan.com.

BEAUTY SHOPPER

PAGE 60: Clarins Enchanted Colour Quartet & Liner **Palette**, \$40; nordstrom.com. Sephora Collection **Color Wand**, \$10; Sephora, sephora.com. Guerlain Lys Soleia **eau de toilette**, \$85; Sephora, sephora.com. Laura Geller Blush-n-Brighten **blush**, \$29.50; laurageller.com, qvc.com. L'Occitane Angelica **Exfoliating Gel** for face, \$30; L'Occitane boutiques, usa.loccitane.com. Yves Saint Laurent Rouge Pur Couture Glossy **Stain**, \$32; yslbeautyus.com. Too Faced Royal Oil Coconut Oil **Body Bronzer**, \$35; Ulta, toofaced.com.

HOT SUMMER NAILS!

PAGE 67: CND Colour **nail polish**, \$9; cnd.com. MAC Cosmetics Beth Ditto **Nail Lacquer**, \$15; MAC stores, maccosmetics.com. Butter London 3-Free **Nail Lacquer**, \$14; Nordstrom, Ulta, butterlondon.com, shop.nordstrom.com. Deborah Lippmann **Nail Lacquer**, \$16; deborahlippmann.com, hsn.com, neimanmarcus.com. Rescue Beauty Lounge **Nail Polish**, \$20; rescuebeauty.com. Essie **Nail Polish**, \$8; essie.com. Sonia Kashuk **Nail Colour**, \$4.79; Target, target.com. Thakoon for Nars **Nail Polish**, \$18; narscosmetics.com, nordstrom.com, sephora.com. Laura Mercier **Nail Lacquer**, \$18; lauramercier.com. OPI **Nail Lacquer**, \$12.50; opi.com for salons. Estée Lauder Pure Color **Nail Lacquer**, \$19; Estée Lauder counters nationwide, esteelauder.com. E.L.F. Cosmetics **Nail Polish**, \$2; Target, eyeslipsface.com, target.com. Orly PoliShield **base coat**, \$10; orlybeauty.com, sallybeauty.com. **PAGE 68:** For more information on **CND Shellac Power Polish**, visit cnd.com. For more information on **GelColor by OPI**, visit opi.com. Ms. Manicure Block Party 4 Way **Smoothing Block**, \$1; ulta.com. Diamancel **foot file** #20, \$38; blissworld.com. LCN Urea 40% Chapped **Skin Cream**, \$17.90; lcnusa.com. **PAGE 70:** Pure Ice Magnetic Attraction **nail polish**, \$4.99; baricosmetics.com. Topshop Make Up Nail Art **Pen**, \$12; Topshop, topshop.com. Essie The Nail Corrector **pen**, \$14; essie.com. Sephora Collection Instant Nail **Polish**

Remover, \$9.50; Sephora, sephora.com. Daby **Nail Hardener**, \$13.95; showoffstyle.com.

BEAUTY BY THE MINUTE

PAGE 155: Essie **Nail Polish**, \$8; essie.com. Bobbi Brown Bronzing Powder, \$35; bobbibrown cosmetics.com.

PAGE 157: Too Faced Exotic Color Intense **Eye Shadow**, \$18; toofaced.com. Avon Be Blushed **Cheek Color**, \$8; avon.com. Elizabeth Arden Pure Finish Mineral **Tinted Moisturizer** SPF 15, \$30; elizabetharden.com. MAC Cosmetics **Lipstick**, \$14.50; maccosmetics.com.

PAGE 159: Sonia Kashuk Super Sheer **Liquid Tint**, \$9.79; Target, target.com. Estée Lauder Pure Color Crystal **Lipstick**, \$25; Estée Lauder counters, esteelauder.com. Clinique True Bronze Pressed Powder **Bronzer**, \$25; clinique.com.

Sweepstakes Rules

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Contest Rules

AMERICA'S HOTTEST HUSBAND 2013. NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Beginning January 6, 2012, at 12:01 a.m. ET through July 9, 2012, at 11:59 p.m. ET, go to redbookmag.com/hothusbands2013 and complete and submit the entry form pursuant to the onscreen instructions, including an essay (500 words or less) on why your husband should be selected as REDBOOK's Hottest Husband 2013. Or mail your entry with first-class postage affixed to: REDBOOK Hottest Husband 2013, 300 W. 57th St., 22nd Floor, New York, NY 10019. Mail entry must be postmarked by July 9, 2012, and received by July 16,

2012. Each regular-mail entry must be typed or printed in ink. Attach 3 recent color photo of your husband (slides or negatives will not be accepted). Entries become the property of the Sponsor and will not be returned. If entering online, please attach high-resolution jpeg (at least 300 dpi). Must be a legal resident of the 50 United States or the District of Columbia age 21 or older. Void in Puerto Rico and where prohibited by law. Contest subject to complete official rules available at redbookmag.com/hothusbands2013.

The models pictured in REDBOOK are used for illustrative purposes only; REDBOOK doesn't suggest that the models actually engage in the conduct discussed in the stories they illustrate.

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These sammies will rock your summer. For extra-large inspiration, turn the page.



Classic chocolate-chip cookies

2½ cups all-purpose flour
1 tsp each baking soda and salt
1 cup (2 sticks) unsalted butter, softened
1 cup packed brown sugar
½ cup granulated sugar
2 large eggs
1 tsp vanilla extract
2 cups (12 oz) semi-sweet chocolate chips

1. Heat oven to 375°F.
2. In a medium bowl, whisk flour, baking soda, and salt to combine.
3. In a large bowl, use an electric mixer on medium to beat butter and sugars until light and fluffy. Beat in eggs and extract until well combined. Reduce speed

to low and beat in flour mixture until just blended; stir in chocolate chips.

4. Drop 2-Tbsp mounds of dough 3 inches apart on ungreased baking sheets. Press into 2-inch-diameter circles with your hand. Bake until cookies are golden around the edges, about 10 minutes. Let cookies stand 2 to 3 minutes on baking sheet, then transfer with a spatula to a wire rack to cool completely.

Makes 24 cookies.

Chocolate chocolate-chip cookies

Follow cookie recipe as above, adding ½ cup

unsweetened cocoa powder to the flour mixture. For extra-intense cocoa flavor, substitute chocolate extract for vanilla extract.

Ice cream sandwiches

Place about ½ cup of your favorite ice cream, softened, on the bottom of a cookie and spread it almost to the edges; then top with another cookie. Repeat to make 12 ice cream sandwiches. Place on a baking sheet in the freezer for 1 hour to firm up the ice cream. To store in the freezer for up to 1 week, wrap each sandwich individually in plastic wrap, then put in a resealable bag.

NOW GET CREATIVE!

1. Gussy up your cookies with...



FANCY CHIPS: Replace half or all of the chocolate chips with peanut butter, mint, butterscotch, or white-chocolate chips.

CANDY BARS: Replace chocolate chips with chunks of any chocolate bar or candy. (We love mini peanut butter cups, flavored Hershey Kisses, and Snickers bars.)

FLAVORED EXTRACTS: Substitute different flavored extracts for chocolate or vanilla. Try peppermint, almond, lemon, cinnamon, banana, coconut, or coffee.

NUTS: Add in 1 cup of chopped salted peanuts, pecans, walnuts, macadamia nuts, or almonds when you add the chips.

WHATEVER ELSE STRIKES YOUR FANCY: Think crumbled crisp bacon (for a naughty sweet-and-salty twist), broken-up Oreos, chopped crystallized ginger, grated orange or lemon zest... Seriously, don't hold back.

2. More off-the-hook combos from our food editor, Babs Chernetz:

JAVA JUNKIE: Make chocolate chocolate-chip cookies, swapping in chopped chocolate-covered espresso beans for half the chocolate chips and coffee extract for the chocolate extract. In between, sandwich Coffee Heath Bar Crunch ice cream.

CHOCOLATE-ORANGE DREAMSICLE: Make chocolate chocolate-chip cookies with orange extract and 1 tsp orange zest instead of chocolate extract. Sandwich vanilla ice cream in between. After setting them in the freezer for 30 minutes, roll the ice cream sides in miniature chocolate chips, then freeze for another half hour before serving or wrapping in plastic wrap. (Other fun roll-ins: toasted shredded coconut, chopped nuts.)

THE PEANULTIMATE: Make chocolate chip cookies, swapping in peanut butter chips for half the chocolate chips. Sandwich peanut butter swirl ice cream in between. After setting them in the freezer for 30 minutes, dip one third of each sandwich in melted chocolate (just heat a good-quality chocolate bar in a bowl in the microwave), then in chopped salted peanuts. Freeze for another half hour before serving or wrapping in plastic wrap.

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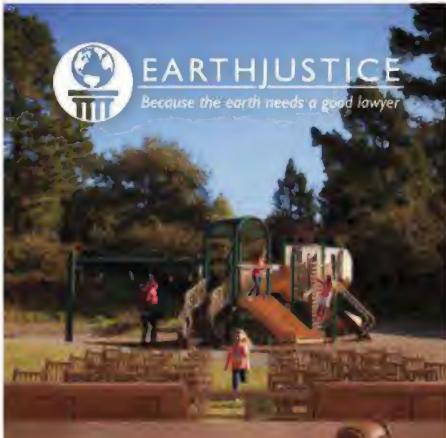


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DULCE DE LUCKY

Dulce de leche ice cream between chocolate chocolate-chip cookies with dark chocolate chunks and a sprinkling of sea salt.

STRAWBERRY SMASH-UP

Strawberry ice cream between chocolate-chip cookies with coconut extract and shredded coconut.

TRIPLE MINT CHIP

Mint chip ice cream between chocolate chocolate-chip cookies with mint extract and mint chocolate chips.

CHUNKY MONKEY MADNESS

Chunky Monkey ice cream between chocolate-chip cookies with finely crumbled crispy bacon.



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